

RESPONSIBILITY

	WHEN I FEEL RESPONSIBLE <u>FOR</u> OTHERS I.....	WHEN I AM RESPONSIBLE <u>TO</u> OTHERS I...
<u>I DO</u>	<ul style="list-style-type: none"> ▪ Fix ▪ Protect ▪ Rescue ▪ Control ▪ Carry their feelings ▪ Not listen 	<ul style="list-style-type: none"> ▪ Show empathy ▪ Encourage ▪ Share ▪ Confront ▪ Level ▪ Show sensitivity ▪ Listen
<u>I FEEL</u>	<ul style="list-style-type: none"> ▪ Tired ▪ Anxious ▪ Fearful ▪ Liable ▪ Resentful 	<ul style="list-style-type: none"> ▪ Relaxed ▪ Free ▪ Aware ▪ High Self Worth ▪ Make a thinking choice
<u>I AM CONCERNED WITH</u>	<ul style="list-style-type: none"> ▪ The solution ▪ Answers ▪ Circumstances ▪ Being Right ▪ Details ▪ Performance 	<ul style="list-style-type: none"> ▪ Relating person to person ▪ Feelings ▪ The person ▪ Their ability to make it
<u>I AM</u>	<ul style="list-style-type: none"> ▪ A manipulator 	<ul style="list-style-type: none"> ▪ A helper or guide
<u>I EXPECT</u>	<ul style="list-style-type: none"> ▪ Others to live up to my expectations ▪ Or I'm pressured to live up to theirs 	<ul style="list-style-type: none"> ▪ Others to be responsible ▪ Other to allow me to be me
<u>I CREATE</u>	<ul style="list-style-type: none"> ▪ Feelings of inadequacy within myself ▪ And feelings of low self-worth in others 	<ul style="list-style-type: none"> ▪ An atmosphere of trust and support ▪ Feelings of high self-worth in me and others