

The Line of Emotional Responsibility

Screenshot this page and refer to it anytime you feel pressure to fix, soothe, explain, or absorb.

If it's in their column, it's not my responsibility, and it cannot control my behavior.

WHAT'S MINE

- My choices
- My limits
- My energy
- My values
- My well-being
- My emotions

WHAT'S THEIRS

- Their reactions
- Their disappointment
- Their expectations
- Their opinions
- Their moods
- Their interpretations