

Responsibility Pie

Weighing Personal Responsibility

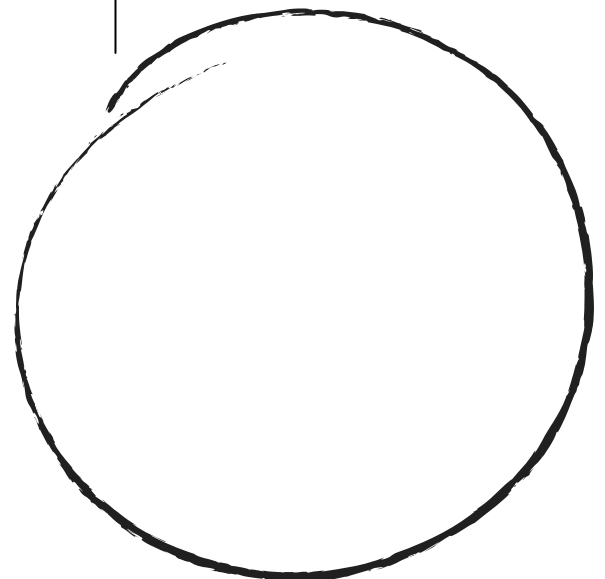
The Responsibility Pie technique will help you take an objective view and gain a concrete understanding of how your actions contributed to the happening of your life. With a cleared understanding of your personal responsibility you can then take accountability and work towards growth, or work to overcome feelings of guilt or shame that are not yours to carry.

1. Think of an event you are feeling guilty or ashamed about.
2. Reflect on how much of the situation resulted from:
 - your actions
 - the actions of another or others; and
 - uncontrollable factors (e.g. bad luck, timing).
3. Draft a pie chart giving each of the factors the appropriate pieces for their responsibility.

My actions:

Actions of others:

Uncontrollables:



I CAN,
I AM,
I WILL.