



Are You Taking Responsibility When You Don't Need To?

This worksheet will help you recognize the responsibilities that aren't yours so that you focus on your responsibilities.

What does "taking responsibility" mean to you?

Name 2-3 things you are taking responsibility for right now.

For each thing you listed, what do you think your duty is?

Notice how you feel when you think about each duty, and write a few words to describe that feeling for each one.



Do you have control over each duty? Why or why not?



Is there someone else who should be taking on each duty?



Your body will give you clues -- feelings of guilt, resentment, anger -- if you are taking responsibility when you don't need to.

Taking the feelings you noted on the previous page into account plus the amount of control you have and the other people involved in the situation, ask yourself --

Is each duty I listed really mine to take responsibility for?



For each duty you said "No" to, what actions are you going to take to release your feelings of responsibility?



For each duty you said "Yes" to, what actions are you going to take to carry through on your responsibility?

Has your definition of "taking responsibility" changed as you've worked this worksheet?

In the essay post I outlined 5 things you need to take responsibility for.

The following pages give you space to write your thoughts about each one. And, you can outline some actions you can take to accept these responsibilities.

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Use Your Opportunities to Be a Force for Good

Offer Support to People When They're Ready to Accept It