

When I Feel Responsible FOR Others...

I...

- Protect
- Rescue
- Control
- Carry Their Feelings
- Don't Listen

I Feel...

- Tired
- Anxious
- Fearful

I Am Concerned With...

- Blame
- Answers
- Circumstances
- Being RIGHT
- Details

I am a manipulator

I expect the person to live up to MY
Expectations

When I am Responsible TO Others...

I...

- Show Empathy
- Encourage
- Share
- Confront
- Level
- Am sensitive

I Feel...

- Relaxed
- Free
- Aware

I Am Concerned With...

- Relating Person-to-Person
- The Person
- Speaking my Truth
- Hearing their Truth
- Win-win Results

I am a Helper/Guide

I expect you to be responsible for yourself
and your actions

I trust and let go

I am responsible for myself.

Adapted from materials provided by
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