

Weighing Personal Responsibility

A good way to weigh personal responsibility is to construct a "responsibility pie."

To do this, list all the people and aspects of a situation that contributed to an event about which you feel guilty or ashamed. Include yourself on the list.

Then draw a circle to represent a pie, and assign slices of the responsibility for the event in sizes that reflect relative responsibility.

Draw your own slice last, so that you do not prematurely assign too much responsibility to yourself.

Example 1: People/things responsible for my angry outburst

People/things responsible for my angry outburst

- Our debts and financial problems
- Judy (bringing it up at night when I was tired)
- Late hours I've been working (I'm extra tired and irritable)
- Me

RESPONSIBILITY PIE



Example 2: People/things responsible for my angry outburst

Our debts and financial problems	30%
Judy (bringing it up at night when I was tired)	20%
Late hours I've been working (I'm extra tired and irritable)	15%
Me	35%
Total	100%

