

RESPONSIBILITY PIE

We often blame ourselves some feared future event that might happen. However, we usually give ourselves more than our fair share of that blame and responsibility.

This “Responsibility Pie” is one way of challenging that distorted thinking.

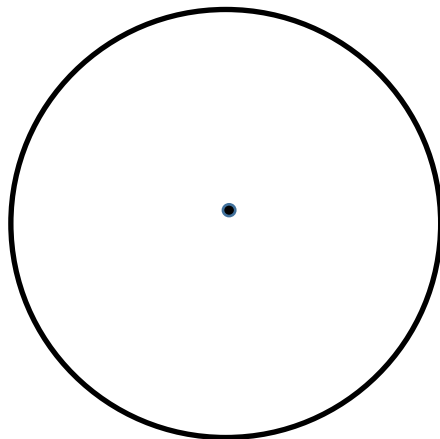
Write down how responsible you would feel if the feared situation happened, using a percentage scale with 0% being not at all responsible, and 100% being totally responsible.

%

Now think about and write down all the other factors that may have contributed to this event and share some responsibility.

Now give a percentage for each factor, according to how responsible that factor would be. In the example the person has marked 10% for roads, poor signage and mechanics as being partially responsible.

Example: I crashed the car



- roads
- poor visibility
- mechanics
- other drivers
- poor signage
- wet surfaces



You can note these down or use this space to write down factors that contributed:

The part you are left with (if any) is how responsible you **REALLY** might be! The Responsibility Pie can also be used when we blame ourselves totally for a bad event that **DID** happen.