

RESPONSIBILITY

Barbara L. Klika, MSW, LCSW, Personal Life Coach
Set Apart Ministries
P.O. Box 5584, De Pere WI 54115
920-336-7005
Copyright 2000 Barbara L. Klika

When I Feel Responsible FOR Others

I...Fix
I...Protect
I...Control
I...Carry their feelings
I...Don't Listen

I Feel...

Tired
Anxious
Fearful
Liable

I am concerned with...

The solution
Answers
Circumstances
Being Right
Details
Performance

I am a manipulator

I expect the person to live up to my expectations.

I can't let go or...

When I Feel Responsible TO Others

I...Show empathy
I...Encourage
I...Share
I...Confront
I...Level
I...Am sensitive
I...Listen

I Feel...

Relaxed
Free
Aware
High Self-worth

I am concerned with...

Relating person to person
Feelings
The person

I believe that if I just share myself, the other person has enough to make it.

I am a help/guide

I can trust, let go.

When I Feel NO Responsibility

I...Ignore
I...Keep busy
I...Stay out of it
I...Just don't feel anything
I...Don't want to listen
I...Will not interfere

I Feel...

Uninvolved
Distant
Numb
Complacent

I am concerned with...

My own feelings or lack of feelings
Not getting involved
Keeping my distance
Facts first and only

I believe if I ignore the problem long enough, it will go away.

I don't care one way or the other what the other person does.

I am too quick to let go.