ACCOUNTABILITY

-SOMETHING THAT IS ASSIGNED TO US [MAY BE AIR OR UNFAIR, MAY BE USEFIL OR NOT, ASSIGNOR MAY BE ANYONE OF ANY AGE FOR ANY REASON]
-IS A CONVENTION - IT IS MADE UP
- HAS HIGH DEGREE OF ASSOCIATION WITH GUILTING
- TYPICALLY ASSOCIATED WITH LABELING GUILT
- FREQUENTLY INACCURATELY MISTAKEN AS RESPONSIBILITY
- HAS A HIGH LEVEL OF ABSTRACTION
- PARENTS FREQUENTLY ASSOCIATE IT WITH COMPLIANCE
- PARENTS FREQUENTLY CONFUSE IT WITH RESPONSIBILITY
-IS SEPARABLE FROM A SITUATION
-MAY BE FIXED
-TRANSFERRABLE
-CAN BE SHARED
-NOT DEPENDENT ON INTERNAL OR EXTERNAL FACTORS

WE ARE COMMONLY HEALD RESPONSIBLE/ACCOUNTABLE FOR OTHERS THOUGHTS FEELING ACTIONS. If one buys into that rouse, there is frequently guilt and shame as products.

WE ARE NOT RESPONSIBLE FOR OTHERS THOUGHTS FEELINGS FOR ACTIONS .