

Responsible⁵ For & To

Each of us is responsible for our own...

- Feelings
- Values
- Limits
- Thoughts
- Attitudes
- Choices
- Talents
- Desires
- Behaviors
- Contribution
- Regulation

Ownership is the beginning of the steps to freedom.

If I am angry, then it is my anger and I have to take responsibility for it, not blame it on others.

This is the essence of being responsible to someone: not doing for someone else what only they can do for themselves and to love them by providing the help that would help them do it for themselves. “Encourage, confront, empower, provide resources, coach, [persuade], and support them as they fulfill their responsibilities.” - Dr. Henry Cloud

	When I feel responsible for others, I...	When I feel responsible to others, I...
	...fix ...rescue ...carry their feelings ...protect ...control ...don't listen	...show empathy ...share ...show sensitivity ...encourage ...confront ...listen
...feel...	...tired ...liable ...anxious ...resentful ...fearful ...threatened	...relaxed ...valuable ...free ...thoughtful ...aware ...courageous ...hopeful
...am concerned with...	...answers ...being right ...feeling safe ...performance “I have to...” “I must...” “I can't...” “I should...”	...relationships ...emotional states ...people ...truth “I get to...” “My choice is...” “My options are...”
...am...	...controlling ...blaming ...impatient ...judgmental ...unkind	...helpful ...curious ...connected ...compassionate ...patient
...expect...	...others to live up to my expectations ...myself live up to unreasonable expectations	...others to be responsible ...others to allow me to be me
...create...	...feelings of inadequacy within myself ...feelings of low self-worth in others	...an atmosphere of trust and support ...feelings of high self-worth in myself and others

⁵ Cloud, H. (2000, July). The simple scoop on boundaries. CloudTownsend. <https://www.cloudtownsend.com/scoop-on-boundaries/> and Werner, L. (2019). Responsibilities [PDF].