

Responsible FOR or Responsible TO ?

"Be Responsible!" We all recognize the importance of this rallying cry. But when we start to feel overwhelmed or mixed up with others in our responsibilities, maybe we've become confused on what it means to "Be Responsible."

When you feel overwhelmed or mixed up with others, try changing your frame of reference from Being Responsible "FOR" to Being Responsible "TO," and experience improvements in your relationship with others and in your own peace of mind.

When I feel Responsible FOR Others:

I protect
rescue
control
carry their feelings
don't listen

I feel tired
anxious
fearful
liable

I am concerned with:

the solution
answers
circumstances
being right
details
performance

I feel out-of-control or overwhelmed.
I expect the person to live up to my expectations.
I am easily disappointed or angered because everything is up to me.

I am a manipulator.

When I feel Responsible TO Others:

I show empathy
encourage
share
confront
level
am sensitive
listen

I feel relaxed
free
aware
high self-esteem

I am concerned with:

relating person to person
feelings
the person

I can trust and let go.
I believe if I just share myself, the other person has enough to make it.
I expect the person to be responsible for him/herself and his/her own actions.

I am a helper-guide.