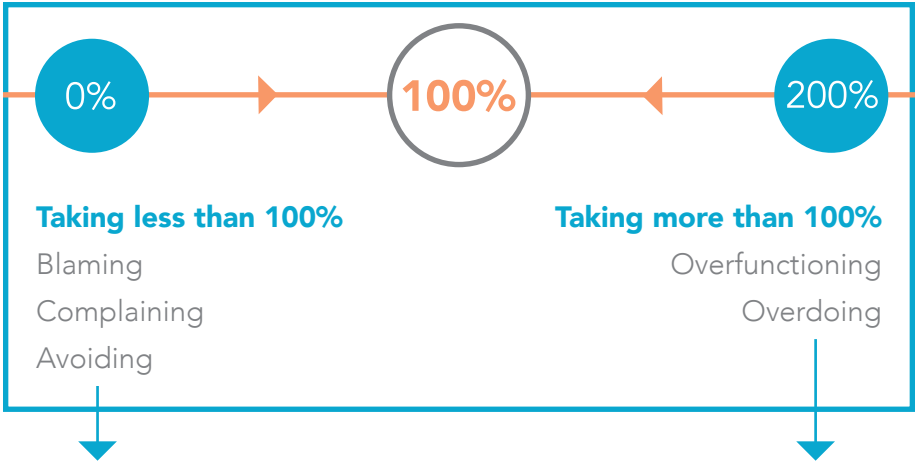


Rethinking Responsibility

Healthy responsibility is the ongoing choice to respond to our circumstances from a place of 100% responsibility.



Symptoms of Taking Less Than 100% Responsibility

- Gossip
- Passivity
- Making it about others
- Expecting others to solve the problem/do it for you
- Suffering

Symptoms of Taking More Than 100% Responsibility

- Resentment
- Burnout
- Exhaustion
- Health issues
- Martyrdom
- Suffering



**The goal is to take 100% responsibility:
not more, not less.**



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Generate Healthy Responsibility in Yourself and Others by Asking These Questions:

- Am I willing to take responsibility for the outcome?
- I wonder how my actions and thoughts helped create this situation?
- How might others describe my part in creating this situation?
- Am I willing to learn whatever I most want and need to learn around this issue?
- What do I really want?
- Is there an action step I can take to move me in the direction of what I want?
- Am I willing to view others as my allies?
- What is the feedback for me here?
- What do I notice about my contribution to this situation?
- What might be the hidden agenda or payoff in the way I am participating in this issue?
- What is familiar about my actions, feelings and responses in this situation?
- How might I look at this situation differently if I acknowledge myself as the architect or designer?

