RESPONSIBILITY PIE CHART

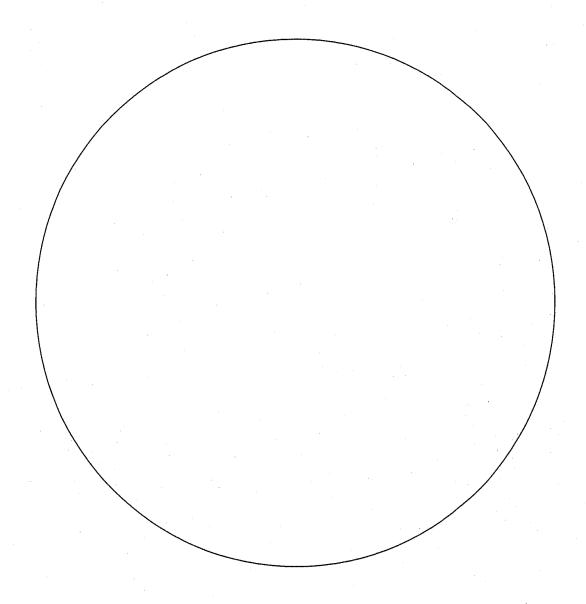
From your personal experience, think of a time when you have experienced guilt or shame about an event that occurred to you.

Firstly list all the people and aspects of the situation that were involved excluding yourself. Then put yourself last on the list

Then assign proportions of the responsibility for the event that reflect relative responsibility- again put your own % in last

Name/aspect of situation	% responsibility

NOW DRAW A PIE CHART TO ILLUSTRATE THOSE PROPORTIONS



Has this changed your ideas regarding your level of responsibility for this event or situation?