

RESPONSIBILITIES

When I feel responsible for others:

I.... Fix
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 am a manipulator.

I expect the person to live up to my expectations.

When I feel responsible to others:

I... show empathy
Encourage
Share
Confront
Level
Am sensitive
Listen

I feel... relaxed

Free
Aware
High self worth

I am concerned with...

Relating person to person
Feelings
The person

I believe that if I just share myself, the other person has enough to make it.

I am a helper/guide.