

EXERCISE: Using a Responsibility Pie for Guilt or Shame

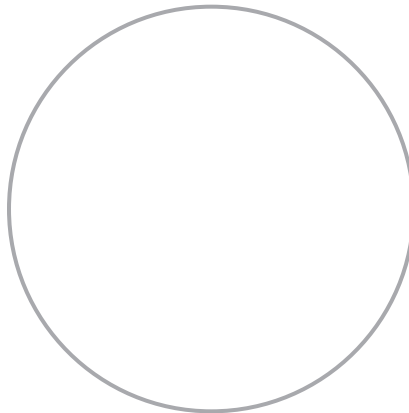
(1) Think of a negative event or situation in your life for which you feel guilt or shame. List this event or situation in item 1 of Worksheet 15.7. (2) In item 2 on Worksheet 15.7, list all the people and circumstances that could have contributed to the outcome. Place yourself at the bottom of the list, so you can rate your portion of the responsibility last. (3) Divide the pie in item 3 of the worksheet into slices, labeling these slices with the names of the people or circumstances on your list. Assign bigger pieces to people or circumstances that you think have greater responsibility. (4) When you are finished, use the questions in item 4 of the worksheet to consider how much responsibility is yours. (If you are filling out these worksheets onscreen, please note that the pie cannot be completed interactively. You can draw the pie on a piece of paper, or print this worksheet and complete it by hand. Alternatively, some PDF software has a freehand pencil tool that you can use to complete the pie onscreen.)

WORKSHEET 15.7. Using a Responsibility Pie for Guilt or Shame

1. Negative event or situation leading to guilt or shame: _____

2. People and circumstances that could have contributed to this outcome:

3.



4. Are you 100% responsible? How does this responsibility pie affect your feelings of guilt and shame? Is there some action you can take to make amends for the part you are responsible for?