Responsibility pie

For guilt and self-blame: share out responsibility among everything that played a part.

Name _____ Date _____

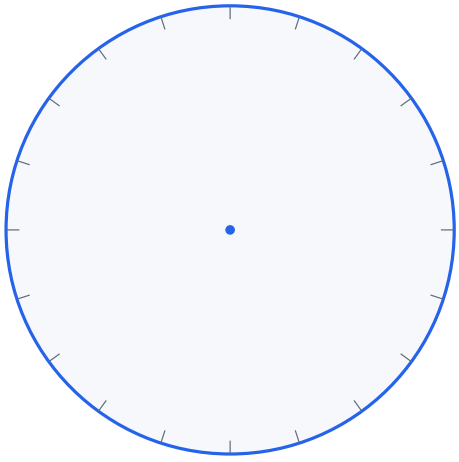
1. Write down what happened.
2. List everyone and everything that played a part. Leave yourself until last.
3. Give each one a share of the pie, as a percentage, and draw the slices.
4. Whatever is left over is your share.

What happened?

Before I start: how responsible do I feel?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Totally



Who or what played a part? (Put myself last)	% share

What do I notice? How does my share compare with how responsible I felt at the start?

Responsibility pies are described by Dennis Greenberger and Christine Padesky in Mind Over Mood.

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