

# When I feel responsible FOR others

I may try to...

- fix...
- protect...
- rescue...
- control...
- carry their feelings...
- not listen...

I may feel...

- tired...
- anxious...
- fearful...
- liable...

I may be concerned with...

- the solution...
- answers...
- circumstances...
- being right...
- details...
- performance...



# When I feel responsible TO others

I will...

- show empathy
- encourage
- share
- compassionately confront
- be sensitive
- listen.



I will feel...

- relaxed
- free
- aware
- high self-esteem

I will be concerned with...

- relating person to person
- the other person's feelings
- the other person

