

Over-responsibility Mind-set Chart

The following chart will help you gauge how over-responsible your mind-set presently is, and how you can turn it into an expansive one.

On the left-hand side are examples of *I am responsible for everyone's happiness and safety* mind-sets. Rate how much you currently believe each one. On the right are examples of expansive mind-sets. Rate how much you believe those.

After you fill out this chart you will have an easier time recognizing what your mind-set is in situations that make you anxious, and hopefully, this exercise will help you practice thinking in a new way.

BEYOND OVER-RESPONSIBILITY			
Monkey Mind-set	How Much I Believe It 0-100%	Expansive Mind-set	How Much I Believe It 0-100%
I believe that if someone I care about is not making a good choice, it is my responsibility to do something about it. If I don't, I am partly responsible for the consequence.		I believe that people are responsible for their own lives and the choices they make. Consequences of their actions are not my fault.	
If I set a limit with someone or state a preference, I feel responsible for the other person's feelings.		When I set a limit or state a preference, I can be sensitive to others' feelings without taking responsibility for them.	
If others do not do their fair share of the work, it is my responsibility to take up the slack.		If others do not do their fair share of the work, it is not my responsibility to step up. I am willing to allow the consequences of other people's action or inaction.	
I tend to put other people's needs before my own.		I believe that taking care of myself is as or more important than taking care of others.	
When others are in pain, I become upset and try to fix their problem and/or point out what they are doing wrong.		When people are in pain, I can listen with compassion, but it is not my job to fix or solve their problem.	