

## RESPONSIBILITY PIE

1. I feel guilt and shame regarding the following negative event or situation in my life.

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2. Rate the guilt and shame on a scale of "0%" (none) to "100%" (heaviest) guilt and shame you feel.

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3. List people and circumstances which could have contributed to this negative even or situation. (i.e., members of your family of origin, physical, emotional or sexual abuse, substance abuse, friends, partner, children, loss of loved one, job status, ect.)

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4. Divide the pie into slices. Label these slices with the names of the people or circumstances which you think have greater responsibility for the event or situation examined.

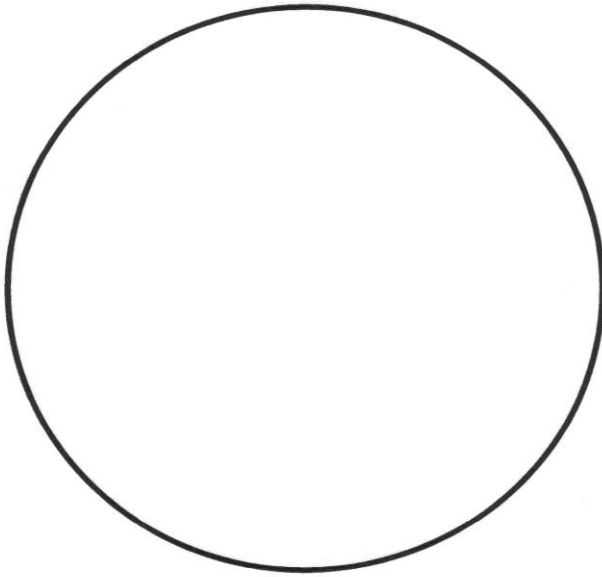
5. When you are finished, notice how much responsibility is your alone and how much you share with others.

6. Rate the feelings of guilt and shame now on the same scales used in #2 above.

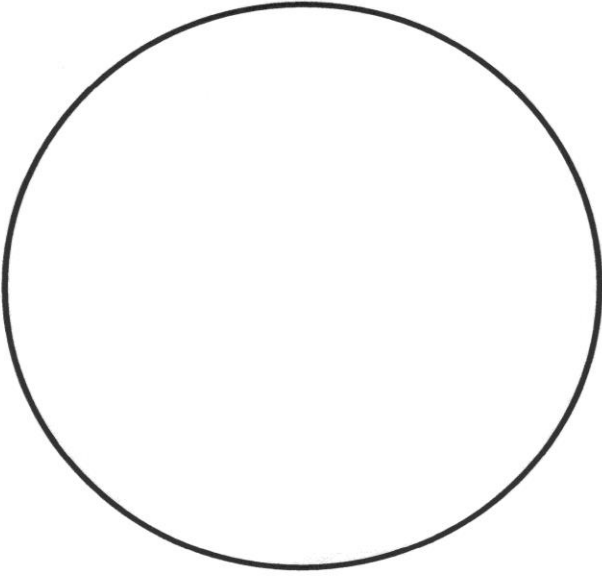
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# RESPONSIBILITY PIE

1) Original view of your responsibility \_\_\_\_\_%



5) Revised view of your responsibility \_\_\_\_\_%



2) List all factors involved:

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3) Total %: \_\_\_\_\_%

4) Revise all scores to add up to 100%