



TAKING RESPONSIBILITY REALISTICALLY

It can be challenging to know what our responsibility is versus another's responsibility. Many of us tend to take too much responsibility where it isn't warranted. This exercise can support you in teasing this out for yourself.

When we understand that we are creating our experience from the inside out via thought and consciousness, then we can understand that everyone creates their experience from their thoughts which means that we live in separate realities. No two people ever experience the same person, situation, or circumstance in the same way. When we understand that people live in different realities, we're able to relax, think less about what they think about us or anything else, and we save a lot of energy.

Right away, then, we can see that we are not responsible for:

- The thoughts of others
- The feelings of others
- The actions of others.

When we do take responsibility for others' thoughts, feelings, or actions, we can become disappointed, disheartened, overwhelmed, frustrated, guilty, helpless, etc.

We are responsible for our own thoughts, feelings, and actions.

PRACTICE

For a few days, play with this practice in one conversation or meeting a day.



1. Bring yourself into the moment as best you are able then ask, what am I actually responsible for in the conversation?
2. Is there a response required in this conversation? Is clarity needed? Avoid trying to explain your reality too much to the other person as this can complicate things, rather, try getting grounded and responding concisely and clearly.
3. Take action if needed. If no action is needed, notice what arises in you in terms of resistance and sit with that.

During the conversation:

1. Sit in a way that you really feel grounded in your own seat.
2. Connect with the person from your heart.
3. Listen with openness to the other person.
4. Listen to your own wisdom when responding.
5. Notice when your thoughts begin to rev up and allow them to settle down.

REFLECTION

1. What did you notice that was different as you approached the conversations in this way?
2. How does a sense of guilt affect your perception of responsibility?
3. What did you notice about your feelings and sensations in your body when your thinking was revving up?
4. How did things shift when you settled down your thinking?

Adapted from my resources from Integral Coaching Canada