

Responsibility

Owning your ability and power to create, choose, and attract

OBLIGATION

Doing what you should or have to instead of what you want to

Giving up to avoid the pain of Shame and burden of Obligation

QUIT

SHAME

Laying blame onto oneself, which is often felt as guilt

JUSTIFY

Using excuses for things being the way they are

LAY BLAME

Holding others at fault for causing something

Ignoring the existence of something

DENIAL

THE RESPONSIBILITY PROCESS®

The Responsibility Process[®], derived from field studies, shows how we all navigate thoughts about avoiding or taking responsibility. This process provides the first how-to framework for taking, teaching, and inspiring personal responsibility.

<p>Usually, we think about responsibility only when things go wrong. We trigger The Responsibility Process with every upset (e.g., lost keys or lost retirement account).</p>	<p>Responsibility is not just a character trait or flaw. It's a mental process operating identically in everyone.</p>
<p>To make sense of the upset, the mind offers LAY BLAME as a reason. If you don't accept it, then your mind offers you an excuse (JUSTIFY), and so on. Thus, taking personal responsibility is a step-wise process of refusing to act on a series of coping thoughts that your mind offers up.</p>	<p>The process can be observed, learned, taught, studied, developed, modeled, and practiced.</p>
<p>The Responsibility Process is most useful when self-applied. It backfires when used to LAY BLAME on others.</p>	<p>Any willing individual, team, or organization can practice responsibility at ever higher levels.</p>

Three Keys to Responsibility™ *Unlock and master Responsibility through daily practice*

1
INTENTION
Intend to respond from Responsibility when things go wrong

2
AWARENESS
Catch yourself in the coping states sooner and sooner

3
CONFRONT
Face yourself to see what is true that you can learn, correct, or improve



The Responsibility Company provides products and services that encourage spectacular growth in leadership for everyone from CEOs to team members.

LEARN MORE AT [RESPONSIBILITY.COM](https://responsibility.com)