6 Things People should feel Responsible for...*But Sometimes Don’t*

Your promises
Your speech toward others
The example you set for people who look up to you (e.g. children or younger siblings)
Your character and overall reputation
Standing behind your own beliefs (Integrity)
Your choices

6 Things People Sometimes Do Feel Responsible for...*But Really Shouldn’t*

Your relationship partner’s actions
The life choices made by your friends and adult children
Other people’s emotional baggage that they actively choose to carry
Helping someone who is clearly just using you or taking advantage
Someone else’s pointless or random bad mood
Falling short of perfection