



## **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