

MY INFLUENCE	I control	I can't control
<p>I take responsibility</p>	<p>RESPONSIBLE (+)</p> <ul style="list-style-type: none"> • Honest (not in denial) • Trustworthy • Mature • Accept consequences <p><i>“What’s mine is mine.....” (Involved)</i></p>	<p>OVER RESPONSIBILITY (Negative)</p> <ul style="list-style-type: none"> • Manipulates • Rescue/Fixer • Over-demanding • Messianic Complex <p><i>“What’s yours is mine....” (Co-dependent)</i></p>
<p>I don't take responsibility</p>	<p>IRRESPONSIBLE (Negative)</p> <ul style="list-style-type: none"> • Blame • Passive/Aggressive • Not trustworthy • Lie/Avoid <p><i>“What’s mine is yours....” (Dumping)</i></p>	<p>NOT RESPONSIBLE (+)</p> <ul style="list-style-type: none"> • Honest • Looks like “I don't care” • Still care/love • Feel impact of others misbehavior <p><i>“What’s yours is yours....” (Differentiated)</i></p>

Adapted From: Losing Control...and Loving It. Tim Stanford