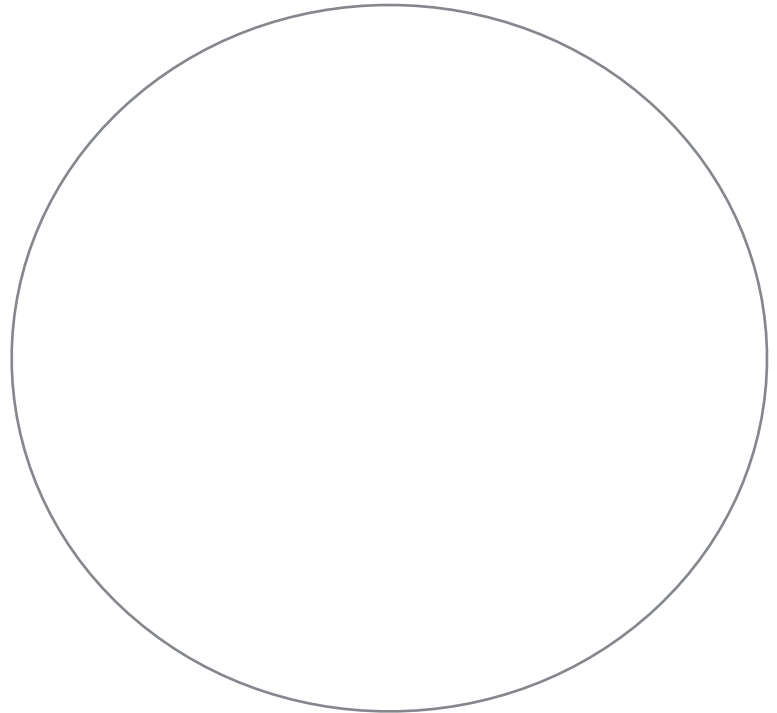


Responsibility Pie

Spend some time thinking about who is responsible for your client/patient/student's current experience and who is responsible for helping them change their experience.

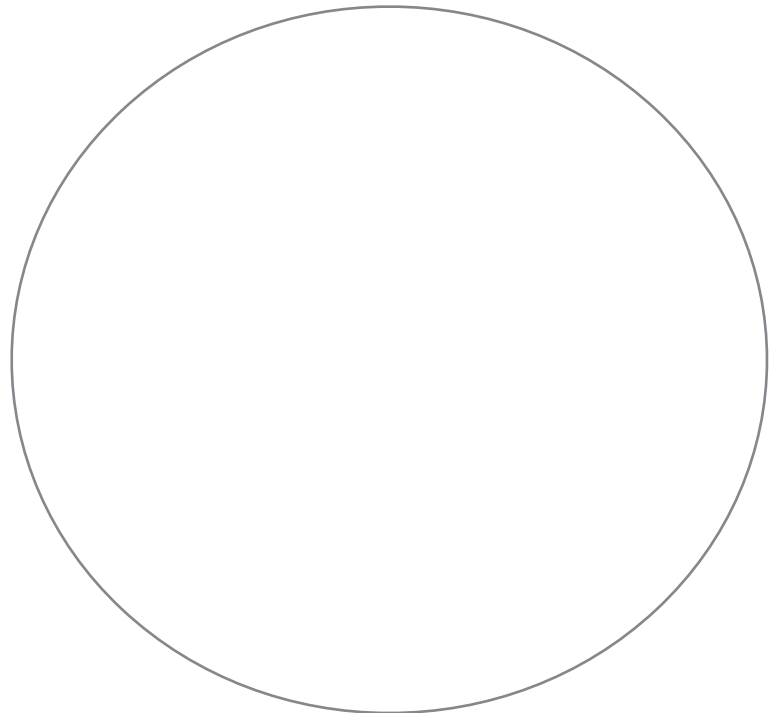
Who is responsible for this person's current experience?

Individuals, Families, Communities, Organizations, Systems, Political Parties, Religious



Who is responsible for helping this person improve their current experience?

Individuals, Families, Communities, Organizations, Systems, Political Parties, Religious Organizations



Responsibility Pie - Digging Deeper

You may go above and beyond your professional role and responsibilities because of deficiencies, or perceived deficiencies, in the responsibility pie. There may be families, communities, organizations, systems, political parties, religious organizations that are not available/adequate to support the person you are helping.

Please note that the following reflective questions do not pertain to situations where you are ethically/legally required to ensure safety.

1. Who, or what organization, do you believe is not available/adequate that leads to you doing more than your regular role with the person you are helping, thereby impacting your ability to create time/energy for your well?
2. What is the long term impact if you regularly continue to take on more than your role and aren't able to add more time/energy to your well?
3. What thoughts/fears/emotions/grief do you experience if you stick to your role and you let the rest of the pie maintain responsibility for their roles?
4. What coping strategies do you have to deal with the thoughts/fears/emotions/grief you may experience by keeping your professional role/boundary and letting the rest of the pie handle their role/responsibility?