

THE RESPONSIBILITY PROCESS™

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RESPONSIBILITY

OBLIGATION

SHAME

JUSTIFY

LAY BLAME

DENIAL

QUIT

THE RESPONSIBILITY PROCESS

The Responsibility Process illustrates how people “process” thoughts about avoiding or taking responsibility. Awareness of the process provides a framework for learning by individuals and organizations. It is the first “how to” model for taking and teaching Personal Responsibility – the #1 principle of success.

Responsibility	Owning your ability and power to create, choose, and attract
Quit	Giving up to avoid the pain of Shame and Obligation
Obligation	Doing what you have to instead of what you want to
Shame	Laying blame onto oneself (often felt as guilt)
Justify	Using excuses for things being the way they are
Lay Blame	Holding others at fault for causing something
Denial	Ignoring the existence of something

No one thinks much about personal responsibility when things are going well. When something goes wrong large or small (lost keys or lost retirement account), the Responsibility Process “kicks in.” Your mind goes to Lay Blame. If you accept Blame as a sufficient answer, then you will act on that blame. 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 linear *process* of refusing to accept and act on a series of irresponsible thoughts that your mind offers up.

The KEY is to be aware of where you are mentally when things go wrong and work your way back to Responsibility. The KEY QUESTION is "How am I creating, choosing, or attracting this?"

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