



Right Responsibility

Right Responsibility = When you take responsibility for your soul experiences and allow others to have their soul experiences, too.

5 Signs & Symptoms of Being Out of Right Responsibility

- Feeling obligated
- Not knowing what your needs are
- Putting yourself last
- Infrequent use of “no”
- Desire to prove yourself

Notes:

4 Primary Steps to Right Responsibility

1. **Recognize when you take on too much.**
2. **Start taking greater responsibility for yourself. Own your stuff.**
3. **Give back what's not yours by honoring the other's soul.**
4. **Establish new updated agreements.**

◇ Soul Tool

Inhibit the Automatic "Yes"

- ◇ Breathe
- ◇ Check-in with yourself before responding, and ask:
Would this be in alignment with my soul?
- ◇ Be willing to say "No"

Additional Notes from the Audio:

Taking Ownership

What are three other situations where you have taken on too much responsibility or where you over-give? Briefly state the situation.

1.

2.

3.

What is one time where you completely over-rode your needs?

In the future, what are three signs when you will know you have taken on too much for others?

1.

2.

3.

What's one thing you can start taking greater responsibility for in your own life?

Is there someone in your life with whom you want to create a new agreement with?

Saying No: Finding the Words

Two Sample Phrases for Staying In Right Responsibility

“I hear what you are saying, and I won’t be able to support you that way.”

“I would like to assist you with that. My schedule is full right now – can it wait until _[state future date]_ ?

With regard to one of your current relationships, what is something you could say to someone else that would be in better alignment with your soul and keep you from saying “Yes,” when you mean, “No?”

Listening

What are three ways you can start listening to your soul? See if you can identify When, and How you will listen.

And have some fun with this one!

1.

2.

3.

Reflecting on your Awarenesses

Bonus questions to help you reflect further on what you are learning about yourself

1) Awareness: What was your biggest awareness from the process?

2) Action: What is a new action you can take to address that awareness?

3) Accountability: How will you fulfill your action, and by when will you do it?
Be specific.

4) Letting Go: What is one thing you are willing to let go of?

