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| **LIST OF RESPONSIBILITIES** | **OWNERSHIP OF THE RESPONSIBILITY** | **ACCEPTANCE OF THE RESPONSIBILITY** | **COPING WITH THE RESPONSIBILITY** |
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INSTRUCTIONS:

1. MAKE A LIST OF YOUR RESPONSIBILITIES (FOCUS ON THOSE WHICH CAN TRIGGER NES OR ARE STRESSORS IN YOUR LIFE) ALSO ADD AT LEAST ONE RESPONSIBILITY THAT IS EASILY ACCOMPLISHED
2. WHO IS THE ACTUAL OWNER OF THE RESPONSIBILITY EG. TAKING CARE OF A FAMILY MEMBER, FOR INSTANCE: SHOULD THIS BE A SHARED RESPONSIBILITY OR DOES IT BELONG TO YOU ENTIRELY?
3. ACCEPTANCE: USING ABOVE EXAMPLE, IF IT DOES FALL ENTIRELY TO YOU, CAN YOU GET HELP? CAN THE FAMILY MEMBER ACTUALLY CARE FOR THEMSELVES?
4. IF YOU HAVE TO ACCEPT OR OWN A RESPONSIBILITY WHICH IS DIFFICULT HOW ARE YOU COPING? WHAT COPING SKILLS DO YOU USE?
   1. POSITIVE REFRAMING
   2. AVOIDANCE
   3. DENIAL
   4. GETTING SUPPORT
   5. REDUCING DISTRACTIONS
   6. HUMOR
   7. VENTING