

The Responsibility Process™



# RESPONSIBILITY

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**OBLIGATION**

**QUIT**

**SHAME**

**JUSTIFY**

**LAY BLAME**

**DENIAL**

## The Responsibility Process™

**The Responsibility Process**, derived from field studies, shows how people “process” thoughts about avoiding or taking responsibility. Awareness of the process provides a framework for learning. It is the first “how to” model for taking, teaching, and inspiring personal Responsibility – **the #1 principle of success.**

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

No one thinks about personal responsibility when things go well. When something goes wrong large or small (lost keys or lost retirement account), **The Responsibility Process** “kicks in.” The mind offers Lay Blame as a reason. If you accept Blame as a sufficient reason, 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 process of refusing to act on a series of irresponsible thoughts that your mind offers up.

- ✓ Responsibility is not just a character trait/ flaw. It’s a mental process operating identically in everyone
- ✓ The process can be observed, learned, taught, studied, developed, modeled, and practiced
- ✓ Any willing individual, team, or organization can practice responsibility at ever higher levels

**The Responsibility Process** is most useful when self-applied. It backfires when used to Lay Blame on others.

**The Keys to Responsibility™**, i.e., to unlocking and mastering responsibility, through daily practice are:

1. **INTENTION** – Intending to respond from Responsibility when things go wrong.
2. **AWARENESS** – Catching yourself in the mental states of Denial, Lay Blame, Justify, Shame, Obligation, and Quit.
3. **CONFRONT** – Facing yourself to see what is true that you can learn, correct, or improve.

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