

Dividing up your responsibility pie

To use the responsibility pie chart effectively, you need to follow its five stages in sequence.

1. Identify the event you fear being responsible for or having excessive influence over:

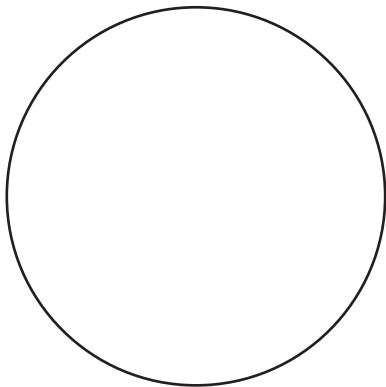
2. Write down the degree of responsibility you would currently feel if the event occurred, rating 0–100 per cent:

_____ per cent

3. List all the possible factors which contribute to making the event you fear likely to occur, including yourself:

4. Divide up your responsibility pie chart:

Using the circle to represent 100 per cent, roughly divide the pie amongst the factors you've listed above. Be sure to put yourself in last.



5. Re-rate your estimation of your responsibility for your feared event 0–100 per cent

_____ per cent