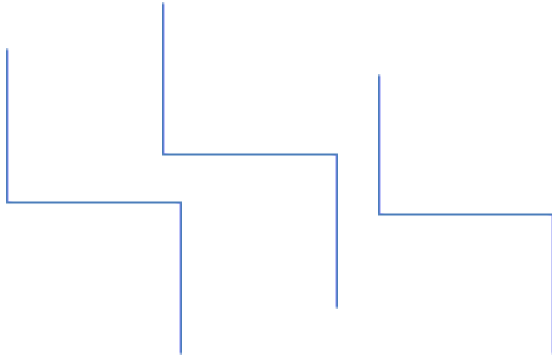


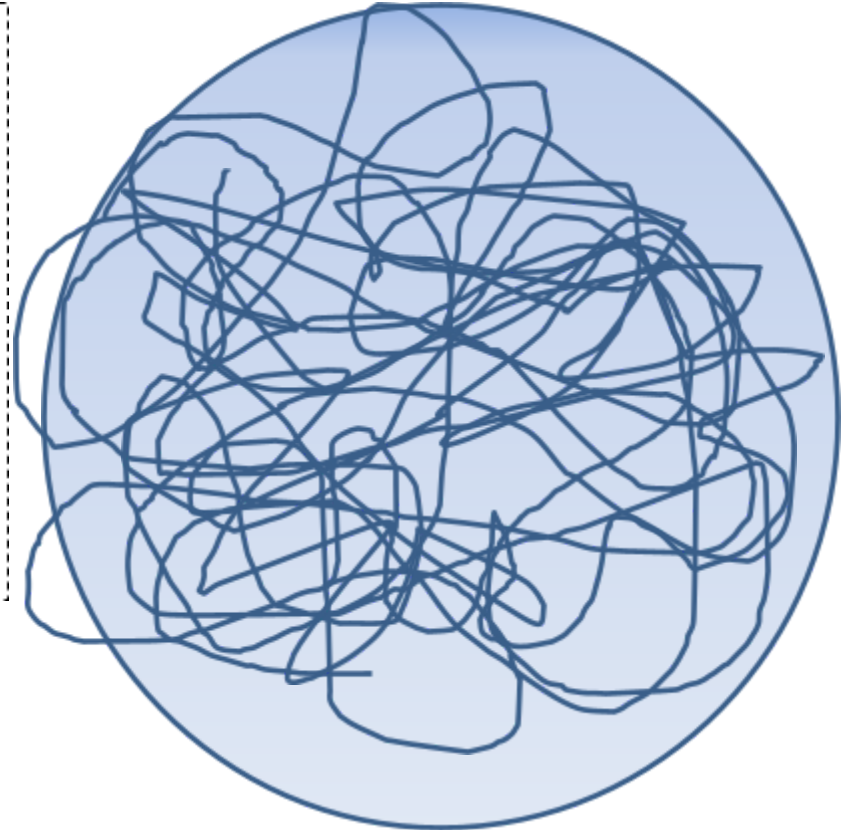
# Responsibility Noodles

## Mine

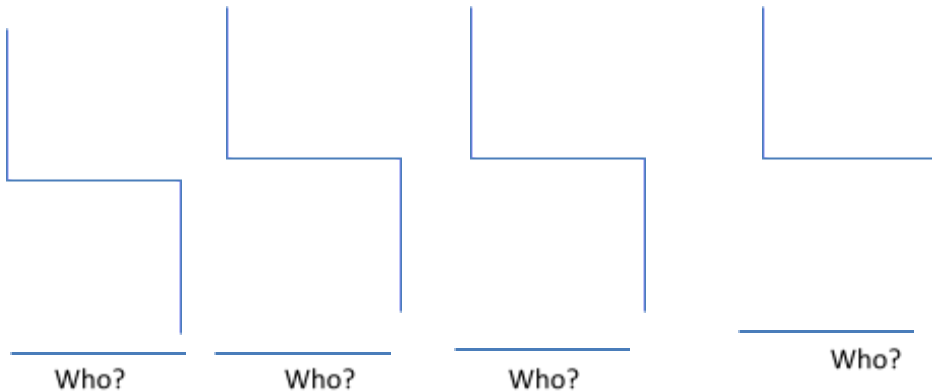


Healthy Behaviors are the result of Healthy Values and Beliefs:

- It's OK to make mistakes. It's OK to be a learner.
- We solve problems, NOT people.
- Admit our mistakes, apologize, ask what you could do to help make amends.



## Not Mine



Unhealthy Behaviors are the result of Unhealthy Values and Beliefs:

- Not able to admit mistakes
- Fault finding with a person, NOT with the problem
- Blame-Shifting or Shame/Blame the victim
- Denying and/or Minimizing mistakes

**Healthy Behaviors are the result of Healthy Values and Beliefs:**

- It's **OK to make mistakes**. It's Ok to be a learner.
- We solve problems, NOT people.
- **Admit our mistakes, apologize**, ask what you could do to help make amends.

**Who in your life did this?**

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**Unhealthy Behaviors are the result of Unhealthy Values and Beliefs:**

- Not able to admit mistakes
- Fault finding with a person, NOT with the problem
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**Who in your life did this?**

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**We learn what we learn, passed down from others who modeled things for us.**

***“Fear of Scarcity”*** from WWII and the Great Depression contributed to MUCH of the cultural tendency to “try to solve people” rather than problems. That impacted multiple generations for years to come, passing down “values” and “beliefs”.

## **GENOGRAM**

**Draw yourself as a stick figure here**

