



I ACCEPT PERSONAL RESPONSIBILITY
FOR MY ACTIONS.

SOULMED

Yes, they did; but, what did you do?

We teach people how to treat us by what we allow, what we stop and what we reinforce. So, when they hurt us, it is our responsibility to teach them how to treat us. Our response to their infraction tells them what we will accept and how much we value ourselves. What did what you did teach them about how to treat you?

Use the examples in this worksheet to guide you through evaluating how your response has been teaching people to treat you. For each item, consider what your actions said to them about you.

WHAT THEY DID

- OVERLOOKED ME FOR A PROMOTION I WAS MORE QUALIFIED FOR THAN THE PERSON THEY HIRED

HOW I RESPONDED

- WHAT DID I DO:
COMPLAINED TO MY FAMILY & FRIENDS
- WHAT MY RESPONSE SAID TO THEM:
I AGREED WITH THEIR EVALUATION OF MY SKILLS WHEN I DID NOT.
- WHAT SHOULD I HAVE DONE:
I SHOULD HAVE ASKED FOR DETAILS ON IMPROVEMENT AND ADVOCATED FOR MYSELF



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WHAT THEY DID

- HIT ME IN THE HEAD WITH HIS FIST WHILE I WAS DRIVING DOWN THE HIGHWAY

HOW I RESPONDED

- WHAT DID I DO:
TURNED UP THE MUSIC AND KEPT DRIVING - AND STAYED IN THE RELATIONSHIP ANOTHER 3 YEARS
- WHAT MY RESPONSE SAID TO HIM:
I WOULD ACCEPT ABUSE AND MISTREATMENT; THAT I DON'T VALUE MYSELF OR SEE MY WORTH; THAT HE WAS MORE IMPORTANT THAN ME TO ME
- I SHOULD HAVE SHOULD I HAVE DONE:
LEFT THE RELATIONSHIP AND PRESSED CHARGES

