

# Exercise On Self Responsibility

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Self-responsibility is central to clarity and full self-awareness. When we do not fully own our experience, especially our thinking, we project, blame, and judge others and ourselves.

Self-responsibility defined:

Owning what is yours. It involves naming and identifying your observations, your interpretations, evaluations, judgments, naming feelings and expressing your emotional feelings, your sensations, your longings and valuing. When we identify what is truly ours, we own it and do not misappropriate it as coming from outside of us.

Distinctions:

- Self-responsibility is not self-blame.
- Owning your inner experience does not mean you have to do it alone.

## Exercise

1. Bring to your attention a recent experience, or what you're experiencing right now.
2. **Thinking:** Identify what you are thinking about this experience. Say, "these thoughts are mine, there are my thoughts about what I have observed. They are my interpretations and evaluations.
3. **Feeling/Sensing:**
  - a. Identify your feelings, name them.
  - b. Notice the feelings and say, "These feelings are mine, they are in me." Take time to sit with the feelings.
  - c. Identify your sensations, where in the body are they? Feel the energy fully. Take time to be with the sensing.
4. **Needing/Valuing/Longing:**
  - a) Notice and name the longings, values and needs.
  - b) Feeling your longings fully.
  - c) Let the name or label fall away and just feel the energy of the longing.