

A Recipe For...

(name the issue)

Taking 0% Responsibility	Taking 100% Responsibility
What do you have to be right about?	What could you be wrong about?
Who do you have to be better/less than?	How are you equal to others?
What do you withhold and from whom?	What do you need to be open with others?
What feelings do you repress/conceal?	What feelings do I need to express?
To what do you feel entitled?	To what can you offer others?
What are you trying to control that is NOT in your control?	What can you control?

What behaviors do you do or not do to keep the issue in place?	What do I need to let go of this issue?
What 'either/or' story do you have to hold about this issue?	What other options may exist?
What do you not face?	What neglected thoughts can you address?
Who do you blame?	How did you contribute to this situation?
What do you have to be afraid of?	What can come from confronting your fear?



VS



**It's whole pie or no pie...there is no in between!
Which would you rather?**