**Responsible To/For**

Being responsible FOR someone means being responsible *for* another person (the fixer). Being responsible TO someone means being responsible to support another person (the supporter).

|  |  |
| --- | --- |
| **When We Feel Responsible FOR Our** | **When We Feel Responsible TO Our** |
| **Loved One** | **Loved One** |
|  |  |
| We fix | We show empathy |
| We protect | We encourage |
| We rescue | We share |
| We control | We comfort |
| We carry their feelings | We level with them |
| We don’t listen | We listen |
| We are insensitive | We are sensitive |
|  |  |
| We feel tired | We feel relaxed |
| We feel anxious | We feel free |
| We feel fearful | We feel aware |
| We feel liable | We feel higher self-esteem |
|  |  |
| We are concerned with: | We are concerned with: |
| The solution | Relating person to person |
| The answers | Feelings |
| The circumstances | The person |
| Being right | Discovering the truth |
| The details | The big picture |
| Performance | Relating |
|  |  |
| We manipulate | We are a helper |
| We judge | We tolerate |
| We feel fearful and hang on | We can trust and let go |
|  |  |

After reviewing the Responsible To VS. Responsible For framework, the goal is to:

* Be there for our loved one when they are having problems.
* Learn the difference between being supportive and feeling responsible for fixing their problems.

Mark the statement ***RF*** if you feel the statement indicates Responsible For (The “Fixer”), and ***RT*** if you feel the statement indicates Responsible To (The “Supporter”).

1. We can figure this out together….
2. It sounds like you’re really scared about…
3. Oh that’s no big deal, don’t worry…
4. If you would just let me help you everything will be OK….
5. Why don’t you tell me what happened?
6. When that happened to me, I told the counselor…
7. Hold it, I’ve heard all of this before. I know just what you should do…
8. If you don’t get your act together, I’m leaving…
9. I still like you, even if…
10. I know this is hard, but you are still really good at…