

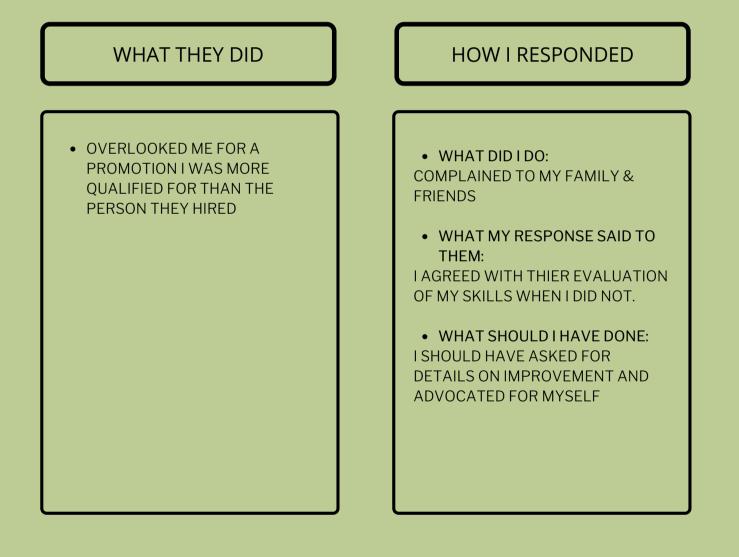
I ACCEPT PERSONAL RESPONSBILITY FOR MY ACTIONS.



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.





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