Basic Responsibilities for Self

- ❖ I am responsible for my own choices and consequences.
- ❖ I am responsible to make changes in my life.
- ❖ I am responsible to communicate my needs openly and honestly.
- ❖ I am responsible for identifying my own feelings.
- ❖ I am responsible for validating myself.
- ❖ I am responsible for setting in place support people.
- ❖ I am responsible for clearly asking for what I want.
- ❖ I am responsible for giving, taking, and creating equitable relationships.
- ❖ I am responsible for having a sense of self.