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.