

SUFFERING VS. ACTING

SELF-RESPONSIBILITY BEGINS WITHIN YOUR THOUGHTS

You would like to practice self-responsibility? Good decision!
Choose a situation that you play through mentally.

SITUATION

What kind of problem do you see?
What annoys or stresses you?
Who is annoying you?
What makes you feel bad?
What do you suffer from?



DESISION

Which (indirect) advantage do you have by staying passive?
What advantage would you have if you are willing to take responsibility for the next step?

What can I do in this matter?

clarifying discussions
ask for support
help
change the perspective
Ask questions (ask for feedback/opinions)
Say no
Search for a role model
be a role model

It doesn't help to wait until others, or the general conditions change. Resilient people rather take a small first step towards change than doing nothing at all and remaining passive.

Become active yourself!