

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

Name calling

Crying

Pouting

Rolling eyes

Crossing arms

Silent treatment

Humiliating comments

Embarrassing comments

Degrading comments

Broken promises or commitments.

Lie of omission (To imply one thing is true by not revealing the whole story)

Avoiding interactions (hiding, not going home, going to bed early)

Sought counseling with the wrong people. (Getting advice or validation from other messed up people).

Refused to listen

Blowing them off

Put down friends or family.

Threaten to hurt someone emotionally.

Threaten to hurt someone physically.

Section Two

Feelings: Check off the feelings you had.

Hurt

Fear

Embarrassed

Guilty

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

Insecure Cheated Angry Humiliated Afraid
 Jealous Confused Anxious Overwhelmed
 Out of control Justified Sad Frustrated
 Threatened

Shame (Remember that shame is different than guilt. Guilt and remorse is what I feel when my conscience is letting me know I've said or done something wrong. Shame is a feeling derived from unmet expectations of others. Shame is feeling that something is wrong with me as a human being, or as a person. Shame is fear that I will be rejected, embarrassed, or humiliated.

Section Three

Controlling Intentions: There are always three basic things we are trying to control when we act in an inappropriate way.

1. To control another person. We try to control what another person chooses to say or do by trying to control how they think or how they feel. Check off the intentions below that applies to the actions and behaviors listed in section one above.

- To scare them.
- To intimidate them.
- To shame them. To make them feel guilty though what they said or did wasn't wrong.
- To put them down.
- To degrade them.
- To humiliate them.
- To embarrass them.
- To make them think they're dumb or stupid.
- To make them think they're crazy.
- To make them doubt themselves.

If these methods of to control another person were successful, what would you have gotten them to say or do?

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

How would this have benefited you?

2. To control and avoid responsibility for our own bad feelings. In our own mind we avoid responsibility for our own bad feelings by shifting the blame or focus away from ourselves. Check off the intentions below that applies to the actions and behaviors listed in section one above.

To shift the blame to others in my own mind for what I said or did so I could avoid feeling guilty.

To minimize what I said or did in my own mind so I could avoid feeling guilty. Try to make out in my own mind that my behavior really wasn't as bad as it was.

To justify in my own mind what I said or did so I could avoid feeling guilty.

To make excuses in my own mind for what I said or did so I could avoid feeling guilty.

To show anger to hide feelings of hurt, fear, humiliation, embarrassment, guilt, or shame.

3. To control the consequences and avoid accountability. We avoid accountability or "paying the price" for our inappropriate behavior by shifting the blame or focus away from ourselves. Check off the intentions below that applies to the actions and behaviors listed in section one above.

To shift the blame to others and make out as if my inappropriate behavior was a natural response to what someone else said or did.

To minimize what I said or did to others. Try to make out as if it really wasn't as bad as it was.

To deny I said or did anything wrong. To just plain lie and say I didn't do it.

To commit a lie of omission. To imply that one thing is true by not revealing the whole story.

Learned helplessness. "I couldn't help how I acted because I have a problem."

Section Four

Outcomes:

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

How did you think and feel afterwards? What were the consequences for you?

What were the effects of the things you said and did on others? How did they think and feel afterwards?

Section Five

Enablers:

How did others enable you? How did others make it possible for you to keep saying or doing the types actions or behaviors you listed above?

What did you say or do to get them to enable you?

Section Six

Thinking Errors

__It's OK for me to have unrealistic expectations of how others should act, how they should dress, what they should say or not say.

__When I don't get what I want, I have a right and it's OK to use a loud voice.

__When I don't get what I want, I have a right and it's OK to use "The look".

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

__ I have a right and it's OK to cuss at others.

__ When I don't get what I want, I have a right and it's OK to break things.

__ When I don't get what I want, I have a right and it's OK to punch walls.

__ When I don't get what I want, I have a right and it's OK to slam doors.

__ When I don't get what I want, I have a right and it's OK to display weapons.

__ When I don't get what I want, I have a right and it's OK to lie.

__ When I don't get what I want, I have a right and it's OK to put down others.

__ When I don't get what I want, I have a right and it's OK to make false accusations.

__ When I don't get what I want, I have a right and it's OK to call others names.

__ When I don't get what I want, I have a right and it's OK to manipulate others with fake crying.

__ When I don't get what I want, I have a right and it's OK to pout and feel sorry for myself.

__ When I don't get what I want, I have a right and it's OK to roll my eyes.

__ When I don't get what I want, I have a right and it's OK to try to manipulate others by crossing my arms and looking down at them.

__ When I don't get what I want, I have a right and it's OK to give others the "silent treatment".

__ When I don't get what I want, I have a right and it's OK to make humiliating comments.

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

__When I don't get what I want, I have a right and it's OK to make embarrassing comments.

__When I don't get what I want, I have a right and it's OK to make degrading comments.

__When I don't get what I want, I have a right and it's OK to break promises or commitments.

__When I don't get what I want, I have a right and it's OK to be deceptive and dishonest with lies of omission (To imply one thing is true by not revealing the whole story)

__When I don't get what I want, I have a right and it's OK to avoid interactions by hiding, not going home, or going to bed early.

__When I don't get what I want, I have a right and it's OK to seek counseling with the wrong people that will reinforce my shifting the blame. (Getting advice or validation from other messed up people).

__When I don't get what I want, I have a right and it's OK to refuse to listen.

__When I don't get what I want, I have a right and it's OK to blow off others.

__When I don't get what I want, I have a right and it's OK to put down the other person's friends or family.

__When I don't get what I want, I have a right and it's OK to threaten to hurt someone emotionally.

__When I don't get what I want, I have a right and it's OK to threaten to hurt someone physically.

__When I don't get what I want, I have a right and it's OK to try to control what another person chooses to say or do.

__When I don't get what I want, I have a right and it's OK to try to control how others think or how they feel.

__When I don't get what I want, I have a right and it's OK to scare others.

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

__When I don't get what I want, I have a right and it's OK to intimidate others.

__When I don't get what I want, I have a right and it's OK to shame others. To make them feel guilty though what they said or did wasn't wrong.

__When I don't get what I want, I have a right and it's OK to try to make others think they're dumb or stupid.

__When I don't get what I want, I have a right and it's OK to make others think they're crazy.

__When I don't get what I want, I have a right and it's OK to try to make others doubt themselves.

__When I don't get what I want, I have a right and it's OK to shift the blame to others in my own mind for what I said or did so I can avoid feeling guilty.

__When I don't get what I want, I have a right and it's OK to minimize what I said or did in my own mind so I can avoid feeling guilty. Try to make out in my own mind that my behavior really wasn't as bad as it was.

__When I don't get what I want, I have a right and it's OK to justify in my own mind what I said or did so I can avoid feeling guilty.

__When I don't get what I want, I have a right and it's OK to make excuses in my own mind for what I said or did so I can avoid feeling guilty.

__When I don't get what I want, I have a right and it's OK to show anger to hide feelings of hurt, fear, humiliation, embarrassment, guilt, or shame.

__When I don't get what I want, I have a right and it's OK to avoid accountability or "paying the price" for my inappropriate behavior by shifting the blame or focus away from myself.

__When I don't get what I want, I have a right and it's OK to shift the blame to others and make out as if my inappropriate behavior was a natural response to what someone else said or did.

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

__When I don't get what I want, I have a right and it's OK to minimize what I said or did to others. Try to make out as if it really wasn't as bad as it was.

__When I don't get what I want, I have a right and it's OK to deny I said or did anything wrong. To just plain lie and say I didn't do it.

__When I don't get what I want, I have a right and it's OK to shift the blame by saying, "I couldn't help how I acted because I have a problem."

__When I don't get what I want, I have a right and it's OK to say and do all the inappropriate things I listed in section one.

Section Seven

New Ways of Thinking: Check ways of thinking that could apply to this situation.

__**I can be strong.** I can take care of my problems and myself. I can think and make decisions for myself. I don't need to depend on others to take care of me and solve my problems.

__**I can learn, grow, and change.** I don't have to be a certain way because of something that happened in the past. Everyday is a new day and provides new opportunities to learn, grow and change for the better.

__**Other people can solve their own problems.** I don't need to solve everyone else's problems or make them my own. I don't need to control, change, or fix other people. Other people are capable and can take care of themselves, and solve their own problems. I can care and maybe help out, but I don't need to do everything for them.

__**I can be caring, compassionate, considerate and flexible toward others.** There is usually more than one way to accomplish any task. Other people want to do the right thing. They have ideas because they care, and are trying to do well. Some of their ideas may make more sense to me

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

than others but everyone's ideas are worthwhile, and everyone has something worthwhile to contribute.

__I am accountable for my own actions. There is nothing another person can say or do that can make me say or do something I know is wrong. I can feel mad or angry and still not say or do anything that I will regret or feel guilty about later. Even if someone else says or does something wrong that really upsets me, I am accountable for how I respond. I can rise to a higher, more mature level. I can choose to deal with any situation in a calm, adult manner.

__Two wrongs don't equal one right. I don't need to retaliate just because someone else says or does something wrong. Anything I say or do to get even will not resolve or fix anything. It will only result in feeling embarrassed and guilty. Dealing with another's inappropriate behavior by not retaliating is a sign of true strength and power. Coming out of a difficult situation with integrity and respect for my own maturity is far more important than protecting my pride and ego.

__Everybody doesn't have to love me. Not everybody has to love me, or even like me for me to be OK. I don't necessarily like everybody, so why should I expect everybody else to like me? It feels good to be liked and to be loved by others. But if somebody doesn't like me, I will still be OK and still feel like I am a worthwhile and lovable person. I can't "make" somebody like me any more than someone can make me like him or her. I don't need approval of others all the time for me to be OK. If someone does not approve of me, I am still a worthwhile and lovable person.

__It is OK to make a mistake. Making mistakes is human and we all do it. I am still a fine and worthwhile person when I make a mistake. There is no reason for me to get upset when I make a mistake. I am trying to do well and if I make a mistake, I am going to continue trying. I can handle making a mistake calmly. It is OK for others to make mistakes too. I will accept mistakes in myself and also mistakes others make.

__I don't want to control other people. People who do say or do things I don't like are not necessarily bad people.

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

I don't need to punish them or retaliate. There is no reason why another person should be the way I want them to be; and there is no reason why I should be the way someone else wants me to be. People will be whoever and whatever they want to be, and I will too. I do not want to control other people, and I don't need to change them. Everyone deserves basic respect and reasonable treatment.

__I don't have to control things. I will survive if things are different than what I want them to be. I can accept things the way they are, accept people the way they are, and accept myself the way I am. There is no reason to get upset if I can't change things to fit my idea of how they should be. There is no reason why I should have to like everything. Even if I don't like it, I can live with it.

__I am responsible for my day. I am responsible for how I feel and for what I do. Nobody can make me feel anything. If I have a rotten day, I am the one who allowed it to be that way. If I have a great day, I am the one who deserves credit for being positive. I am the one who is in charge of my life.

__I can handle it when things go wrong. I don't need to watch out for and expect things to go wrong. Things usually go just fine and when they don't, I can handle it. It's not the end of the world. I don't have to waste my energy worrying. The sky won't fall in; things will be OK.

__It is important to try. Even though I may be faced with difficult tasks, it is better to try than to avoid them. Avoiding a task does not give me any opportunities for success or joy, but trying does. Things worth having are worth the effort. I might not be able to do everything, but I can do something.

__I am accountable for my own actions. There is nothing another person can say or do that can make me say or do something I know is wrong. I can feel mad or angry and still not say or do anything that I will regret or feel guilty about later. Even if someone else says or does something wrong that really upsets me, I am accountable for how I respond. I can rise to a higher, more mature level. I can choose to deal with any situation in a calm, adult manner.

Nonviolent Alternatives Counseling Service
Personal Accountability Worksheet

Two wrongs don't equal one right. I don't need to retaliate just because someone else says or does something wrong. Anything I say or do to get even will not resolve or fix anything. It will only result in feeling embarrassed and guilty. Dealing with another's inappropriate behavior by not retaliating is a sign of true strength and power. Coming out of a difficult situation with integrity and respect for my own maturity is far more important than protecting my pride and ego.

Section Eight

New outcomes:

If you practiced these new ways of thinking, what would you have done different in the situation? How would you think and feel afterwards? What would the consequences be for you?

What would the effects be on others if you said and did the things you just listed? How would they think and feel afterwards?
