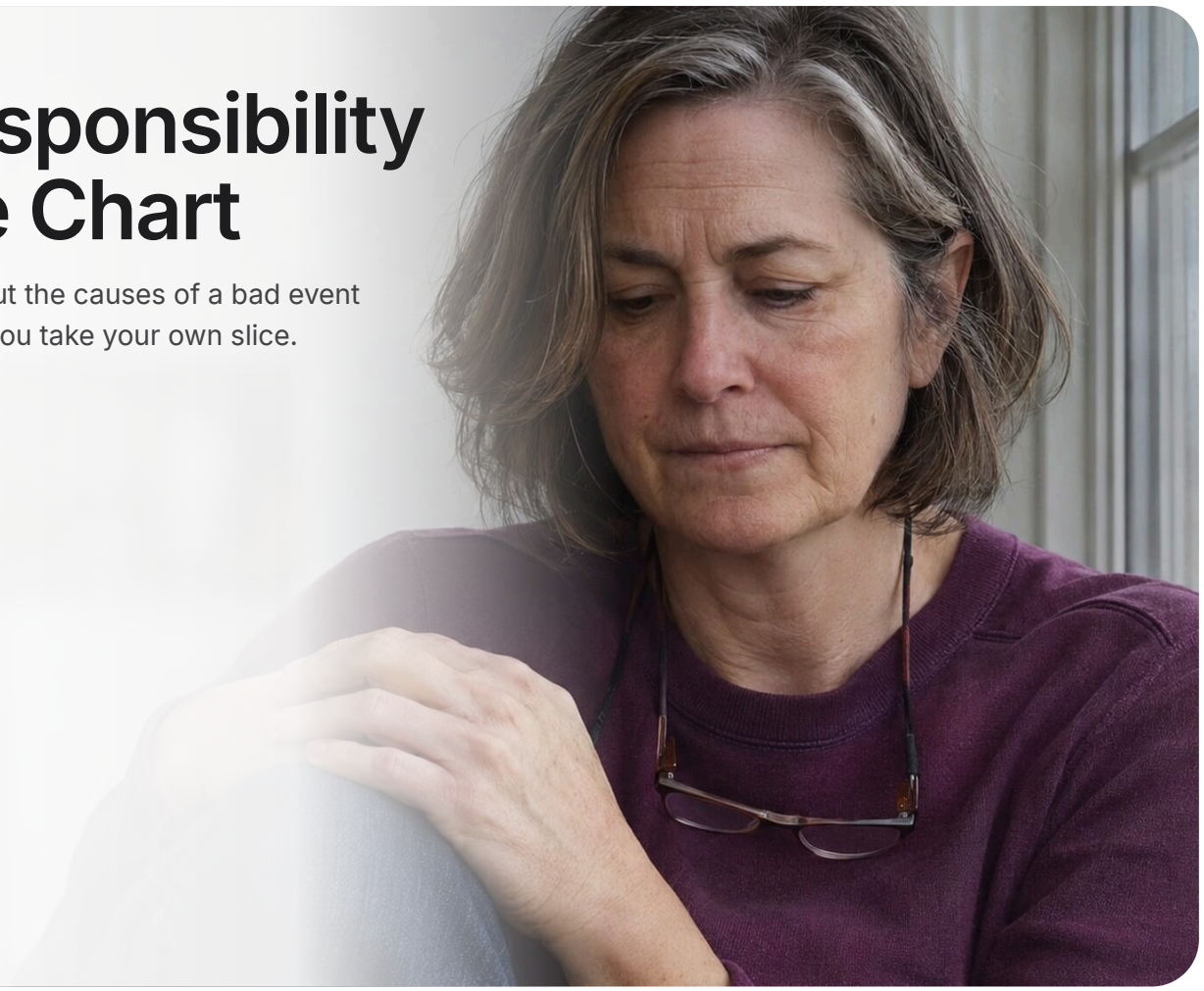
Responsibility Pie Chart

Share out the causes of a bad event before you take your own slice.



WHY IT HELPS

When something goes wrong, guilt can make it feel like it was all your fault. A responsibility pie chart is a CBT exercise that lists every person and factor involved, gives each a share and leaves your own slice until last, so the blame matches the facts.

HOW TO USE IT

List	Write every person and factor.
Share	Give each a percentage.
Re-rate	See how your share changed.

INSIDE

2	A filled-in example	3	My pie chart
4	Questions to widen the view	5	Review

Your slice may not be zero. The goal is a fair share, so you can own your part and let go of the rest.

DATE

Tuesday, Nov 3

WHAT HAPPENED

My son broke his wrist in a bike crash

1 How responsible do I feel right now?

0 to 100 percent

THE BLAMING THOUGHT

It is my fault. I should have stopped him.

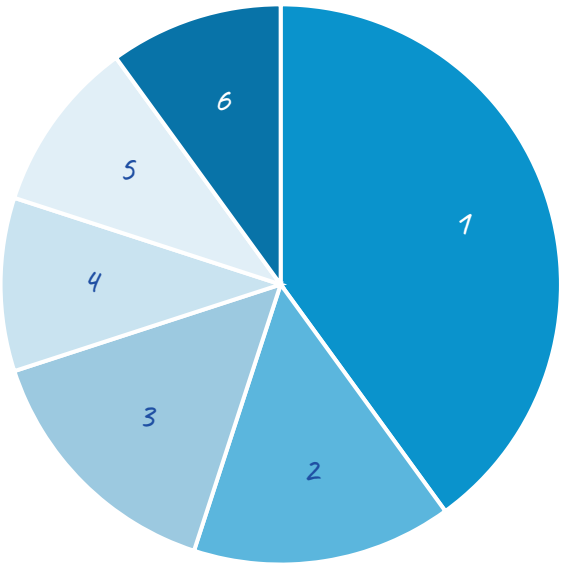
BEFORE, 0 TO 100

90%

2 Everyone and everything that played a part

List yourself last.

	PERSON OR FACTOR	SHARE
1	The other driver ran the stop sign	40%
2	Rain and poor visibility	15%
3	My son rode fast around the blind turn	15%
4	The town has not fixed the corner	10%
5	Luck and timing	10%
6	Me, for letting him go out in the rain	10%
7		
8		
9		



Draw a slice for each one. Shares add up to 100.

3 After the pie

A FAIRER VIEW

The crash had many causes. My part was small and I can learn from it.

AFTER, 0 TO 100

10%

WHAT I CAN DO ABOUT MY SHARE

Agree on a slower route and a rain rule.

WHAT I WANT TO REMEMBER NEXT TIME GUILT SHOWS UP

Many things shape what happens. I am one part of it.

DATE

WHAT HAPPENED

1 How responsible do I feel right now?

0 to 100 percent

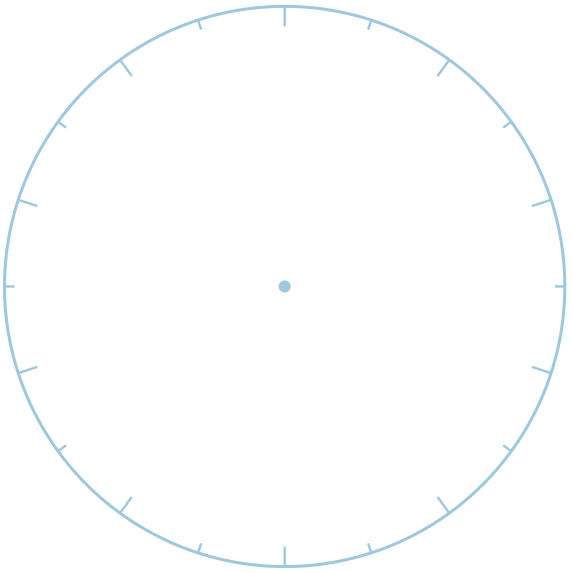
THE BLAMING THOUGHT

BEFORE, 0 TO 100

2 Everyone and everything that played a part

List yourself last.

	PERSON OR FACTOR	SHARE
1		
2		
3		
4		
5		
6		
7		
8		
9		



Draw a slice for each one. Shares add up to 100.

3 After the pie

A FAIRER VIEW

AFTER, 0 TO 100

WHAT I CAN DO ABOUT MY SHARE

WHAT I WANT TO REMEMBER NEXT TIME GUILT SHOWS UP

Questions to widen the view

Use these before you draw the pie, if it is hard to think of anything besides yourself.

WHO ELSE HAD A CHOICE OR A SAY IN WHAT HAPPENED?

WHAT CIRCUMSTANCES WERE OUTSIDE ANYONE'S CONTROL?

WHAT DID I KNOW AT THE TIME, NOT WHAT I KNOW NOW?

WOULD I HOLD A FRIEND THIS RESPONSIBLE FOR THE SAME THING?

WHAT PART, IF ANY, IS TRULY MINE TO OWN?

WHAT WOULD MAKING AMENDS OR LEARNING FROM IT LOOK LIKE?

Review

Keep a note of each pie you draw. Patterns in self blame are useful to discuss with a therapist.

DATE	WHAT HAPPENED	BEFORE	AFTER

SITUATIONS WHERE I TEND TO TAKE TOO MUCH BLAME

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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