

100% RESPONSIBILITY PROCESS

Instructions

Step 1

Identify an issue/problem/potential about anything going on in your life. Speak about the issue in “unenlightened” terms. Be dramatic. Ham it up. Blame overtly.

Step 2

Step into 100% responsibility. Physically find a place in the room that represents your commitment to being 100% responsible for the situation.

Step 3

Gain insight by completing these statements, repeating each of them several times, until you have what feels like a breakthrough:

- From the past this reminds me of...
- I keep this issue going by...
- What I get from keeping this issue going is...
- The lifelong pattern I’m noticing is...
- I can demonstrate 100% responsibility concerning this issue by...

Step 4

If during Step 3, you don’t experience a shift, go back to Step 1 and repeat the process.