

THE PRINCIPLES OF RESPONSIBILITY/ACCOUNTABILITY

	FOR MYSELF	TO OTHERS
RESPONSIBLE Accountable Proactive Centered Leader Functional Loving Independent/Inter-dependent	I am responsible FOR myself: MY thoughts/thinking MY feelings/emotions MY behaviours/actions	I am responsible TO others: To be an effective: sponsor, mentor, leader, teacher, parent, spouse, employer, friend, partner, trusted servant.
IRRESPONSIBLE Unaccountable Reactive Uncentered Victim Dysfunctional Fearful Codependent	I blame others for the way I think, feel and behave: "YOU" made me think that! "YOU" hurt my feelings! "YOU" embarrassed me! "YOU" caused me to do that!	I take responsibility for others: I try to change other people's thoughts, feelings, actions by: people-pleasing enabling, protecting, micro-managing, manipulation, over-controlling, martyring and bullying behaviours.

When I am irresponsible for either myself or to others, resentment is always the result!

RESENTMENT is the NUMBER ONE offender. (A.A. p.64)

Each person is like an actor who wants to run the whole show... What usually happens? The show doesn't come off very well. *They* begin to think life doesn't treat *them* right. *They* decide to exert *themselves* more. *They* become, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit *them*. Admitting *they* may be somewhat at fault, *they are* sure that other people are more to blame. *They* become angry, indignant, self-pitying. *Are they* not really self-seekers even when trying to be kind? *Are they* not a victim of the delusion that *they* can wrest satisfaction and happiness out of this world if *they* only manage well? (A.A. p. 60-61)

Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though *they* usually *don't* think so. (A.A. p. 62)

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our own little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn. (A.A. p 63)