

Responsibility Pie

Please read the article found at [torontoconcussion.ca > Education > Library > Responsibility Pie](https://torontoconcussion.ca/terminology/responsibility-pie/) (<https://torontoconcussion.ca/terminology/responsibility-pie/>) to learn more about this exercise.

Instructions

1. Identify a situation that you would like to overcome.
2. Write down all the factors that you believe contribute to the current state of this situation. At this point, don't try to rationalize the points, just write them down. Consider any possible cause that could presently have some hand in the state of your current situation.
 - a. Think like the defence in a courtroom trial; or
 - b. Use *Socratic Dialogue/Questioning* to further appreciate the influence of each factor (<https://torontoconcussion.ca/terminology/socratic-dialogue/>).
3. Then rank these factors relative to one another.
4. Then assign a weighting to each factor so that the sum of the weighting adds up to 100%.
5. Then draw it out as a pie chart in the circle below. Some people find it easier to just draw it down; the more influential a factor is, the bigger piece of the pie it claims. If you prefer this, by all means, do it this way, just be sure to use a pencil in case you need to resize the slices of the pie to make them more reflective of the percentages you settle down on.

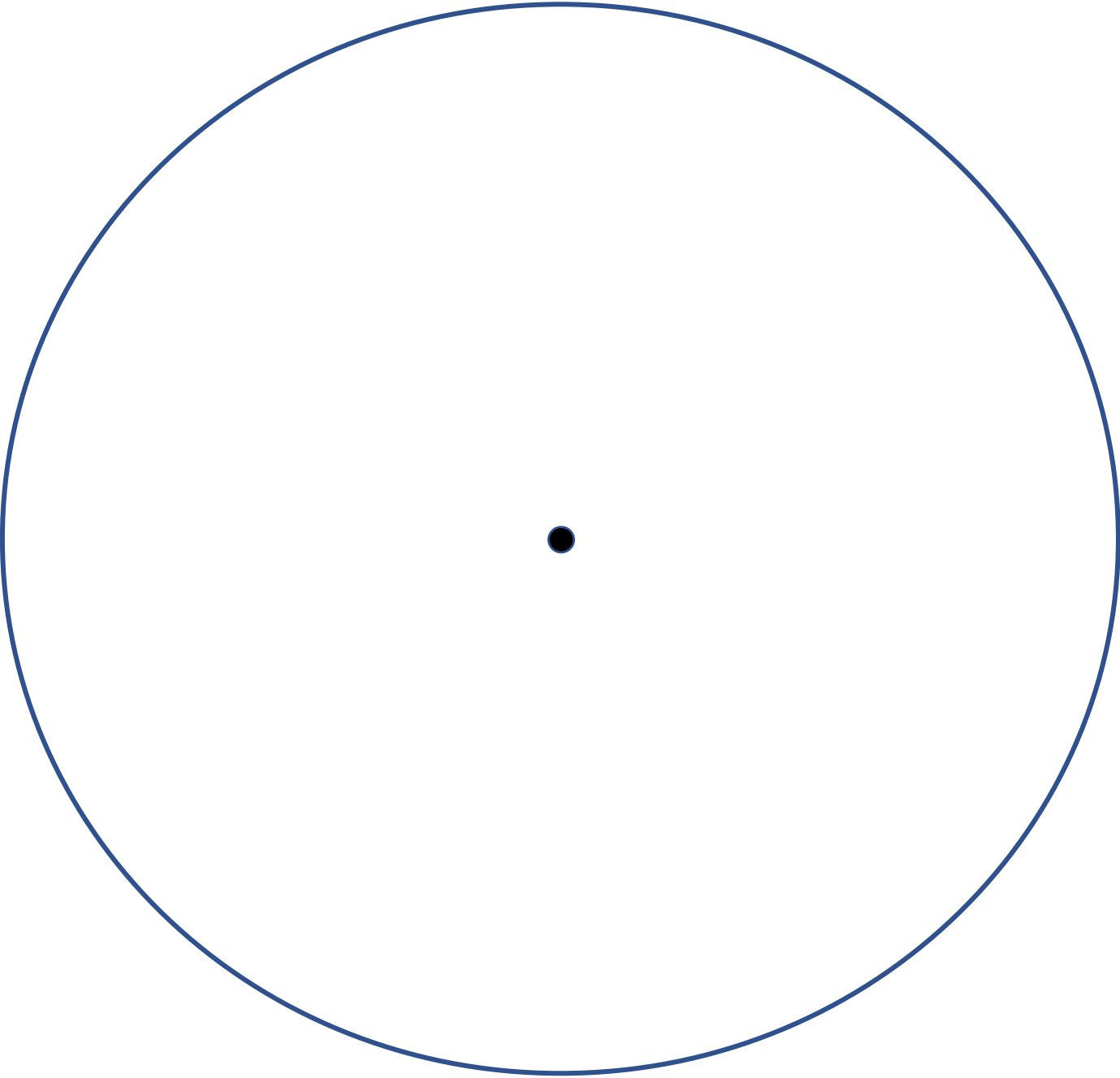
Post-Exercise Reflection

1. How do you feel?
2. What thoughts stand out in your mind now?
3. Which questions did you ask yourself that you found were most influential in helping you expose other factors' contributions to your situation? And assigning a weight to them?
4. What are you going to do?
5. How is this different than the way you felt, thought or behaved before doing this exercise?

Name:

Date:

Situation:



Notes: