

Name: _____ Date: _____ Event No. _____

8 Sharing the Blame Using a Responsibility Pie

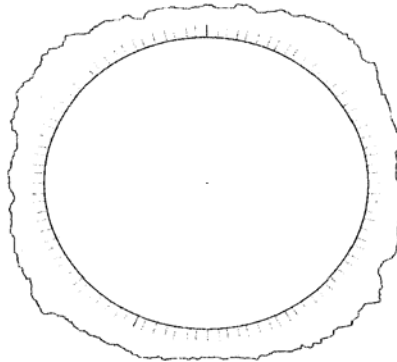
Complete this worksheet if you decided to use a Responsibility Pie on 5. Planning to Get More Evidence about a Causal Thought. Otherwise go on to the next worksheet.

Causal Thought. _____

1. List all the people (other than yourself) who could have contributed to the feared outcome. Also, list any other circumstances that may have played a role in causing the feared outcome. Make sure you list all the factors that may have contributed. When you have exhausted all the other people and circumstances that may have played a role, add you name last. That is, place yourself at the bottom of the list.

1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.

2. Divide up the pie below into slices, one for each person or circumstance that would have played a role in causing the negative outcome. Start with number 1 on your list, and continue until everyone (and every circumstance) on the list is given a piece of pie. Save the biggest pieces for the people or circumstances that you think would have played the greatest role in the event. The bigger the piece, the bigger the responsibility or causal role. The smaller the piece, the smaller the responsibility or causal role.



3. Now look at the notches on the crust of pie. Each notch represents 1% of the volume of the pie. How big was your slice (add up the notches in your slice of pie)? What percentage of the responsibility was yours? _____

4. What have you learned about your responsibility for the feared outcome? Were you as responsible for the outcome as you previously thought?

5. Do you (or your therapist) think that you may have left out any people or circumstances that could have contributed to the outcome? Do you (or your therapist) think you have underestimated the contribution of any person or circumstance (ie. does someone or something deserve a bigger piece of pie?) If so, redraw your pie on a fresh copy of this worksheet. If not, complete the rest of worksheet 6. Getting Extra Evidence about a Causal Thought, and use this information to help you complete Worksheet 13. Reappraising a Causal Thought.