



**BRENDA REISS**  
*Transformational & Forgiveness Coaching*

## Self-Responsibility Thoughts & Exercises

### 1) Take responsibility for all your mind chatter.

- Develop self-affirming self-talk scripts to enhance your personal development & growth.
- A self-talk script is something you say to yourself to facilitate helpful thinking and can guide you through a stressful situation.
- Ideas – All I need is within me right now; I am not defined by my past; I am living in abundance; I have a positive and inspiring impact on the people around me.
- Whatever you resonate with and can believe.

### 2) Quit putting your stuff on other people – like your partner – it's not their job to handle your emotional needs. That's yours. This is taking responsibility. Because we can think that the other person "should" be able to know what we want or need. Not true.

- Ask yourself - what is it that you are really wanting or needing?
- Instead of dumping on others you can learn to ask for that hug or attention that you really want.

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- Take some time and write out your desires. What do you need when you are upset? A hug? Just to be heard?
- Then ask for it. Don't assume.

**3) Look at where you are abdicating (giving away) your control – meaning who are you letting run the show in your head and life? Are you making decisions for yourself or asking others to make them for you?**

**This is a biggie. How many times do we give in to someone else even about where to go for dinner? It causes a resentment that can build and not only cause friction in the relationship but also it can disrupt our self-esteem.**

- Make an honest inventory of your strengths, abilities, talents, values & positive points. This will help you remember that you are strong and confident and have a purpose.
- This happens a lot in the area of our health. Take responsibility for your health – you are a co-creator – It's not up to the doctor or practitioner to heal you. What questions can you ask? Can you take someone with you as an advocate?

**You have control over your mind and thoughts – YOU are powerful!**

