



Canadian
Centre for
CBT

Responsibility Pie

Think of something that happened in your life that you feel guilt or shame about and write a brief description of it below.

Event: _____

People or circumstances that contributed:

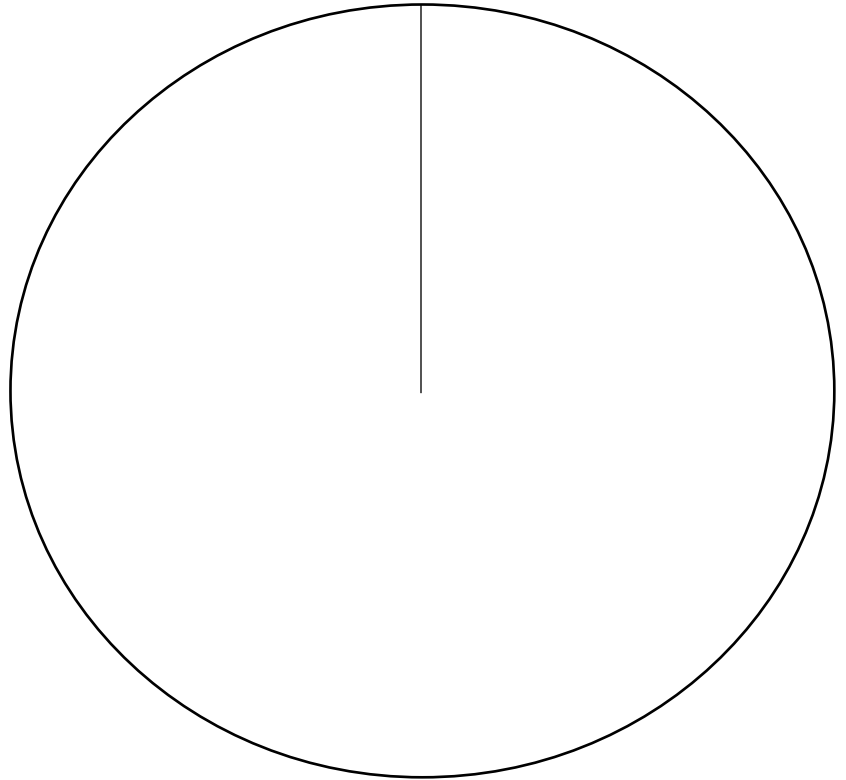
1. _____

2. _____

3. _____

4. _____

5. _____



Place each of the people or circumstances that you listed above on the pie chart. Give each item a “slice of the pie” until the entire pie is divided up between the items.

Compare your role in the event to the other people and circumstances that are listed. What percentage of the pie did you give yourself? _____ (0 – 100%)

What can you do to take responsibility for your role in the event without taking responsibility for aspects of the event that were not under your control?
