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ISSUE

Being the Responsible One can bring you joy!

LEARN HOW TO BE A HAPPY CAMPER IN YOUR WORK AND YOUR PERSONAL CALLING.

The Responsible One

Helping Responsibles play the long game in living a purposeful life.

The Inner Burden

Personal Red Flags of Inflated Responsibility

Here are some indicators that you struggle with an inflated sense of responsibility for everything and everyone.

- Your mind is focused, almost exclusively, on the negative ways others are perceiving you.
- Your actions are focused on controlling how others see you, as if that is in your control.
- You suffer from OPA - Other People's Agendas. Therefore, suffering from OPA means what you believe is important to do is low man on the totem pole.
- Your nervous system is activated when someone else is disappointed in you. Fixing that disappointment then becomes your mission.
- You work to solve problems that another person could and should solve themselves.
- You might take care of your own needs, but the cost is some form of self-punishment. The most common form of self-punishment is feeling chronic guilt and shame.
- You score high on conscientiousness, but witnessing others' lack of conscientiousness infuriates you.
- You organize your life around preventing others' negative reactions.
- You've lost touch with what you want or how you feel because you've been trained to stay away from anything that feels self-indulgent or selfish.

The Practical Impact

Professional Red Flags of Inflated Responsibility

When I tell my hairdresser friend who has been doing my hair for over 30 years that I shamefully cut my own bangs again, she just looks at me with her head tilted in judgment and says, “Yeah, Edie, I know. You really didn’t have to tell me.” As an accountant who has studied many therapists’ books, I feel like my hairdresser when they tell me where they are personally struggling in their practices. “Yeah, I know. It’s all right here in the numbers.” Here are some professional red flags that inflated responsibility might be an issue for you:

- Your confidence in providing quality mental health therapy depends, almost solely, on how your clients are doing or how satisfied they are with your work.
- You take on work that should be delegated to others, including clients/patients. A fear of delegating work can show up too with your clients. You might be owning how they do their work.
- You make yourself constantly available outside work hours in case others need you.
- You have a difficult time completing a task because it doesn’t feel good enough. You don’t know when a task is completed without an external deadline. Or, the opposite is true that you wait until the last minute to do just enough work to meet the minimum requirements of the deadline. Either way, you feel guilty and bad about the product and yourself.
- You don’t prioritize the work you want to do.
- There is guilt around collecting money for your services. Therefore, you are behind in your documentation and cannot bill until the documentation is done.
- You don’t have any clients who pay your full fee.
- You spend oodles in consultations and continuing education.
- The final is the most prominent: YOU SABOTAGE FINDING A NICHE IN YOUR PRACTICE AND YOU DON’T GO ALL IN AS THE EXPERT!

The Responsible One

Do you carry the weight of the world?

Are the responsibilities you are carrying truly yours?

How can you transform your backpack to carry what you need on life's purposeful journey?

Learn how to be a Happy Camper on life's purposeful journey!

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One Small Shift

Compassionately Challenging a Belief

In my work with clients with OCD (probably also my work with therapists), the two most common adjectives that I address are the fear of being selfish or lazy. When anything and everything that relates to our needs and wants "feels" selfish, we've watered down the definition of selfishness to not allow for change. This month, your One Small Shift is to find a workable definition of selfishness for you.

1. What are early memories of being required to focus on others' needs and feelings to the detriment of your own?
2. What would you be doing differently if the fear of being selfish wasn't a concern for you? What would work look like? What would free time be like without guilt or shame?
3. Big life question is here for you to consider: Why do you think you are here?
4. Is there any help that you provide or want to provide that 1. you know you are good at providing, and 2. you love serving in this way?
5. Generically, a definition of selfishness is when you are not focused on acting in alignment with your values and your purposes here. Write your definition of selfishness that specifies when you are not in sync with your values and purposes and that is a workable definition in your control. For example, if you say selfishness is whenever others are impacted negatively by me, that's not workable because others' disappointments are not in your control. My current working definition of selfishness is when I am more focused on how I want others to see me than on living a life of service, happiness, and joy in the journey. That defintion leaves room for my happiness and my purposes.

My Acronym of the Month

I.R.S. ;)

Inflated
Responsibility
Syndrome

Serving is not optional, but how you serve is all yours!

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