

# Becoming More Responsible

## What to Know

Responsibility is a great trait to develop because it increases self-esteem and confidence as you recognize that you're a capable person. It's a sign of strength when you take responsibility for yourself.

You might be responsible for completing your homework, cleaning your bedroom, and for picking up after yourself around your home. Perhaps you're also responsible for your possessions. Maybe you're expected to babysit your siblings or walk the dog every morning.

In addition, you're probably held responsible for your actions. If you're careless and you lose something, you might have to work to earn money to pay for it. If you forget an appointment, you might be expected to call, apologize, and reschedule.

Often, there are rewards or benefits that come from fulfilling responsibilities. If you fail to fulfill a responsibility, you might receive a penalty or get punished. Different consequences result from fulfilling (or failing to fulfill) responsibilities.

## What to Do

Check off the statements that apply to you, then add up the check marks.

I do what needs to be done.

I never break promises.

I am reliable and dependable.

I never make excuses or blame others for my actions.

I always follow through on my commitments.

I do my part at home, at school, or in the community.

I volunteer in my school or community.

I do what I can to care for the environment.

I do my chores without having to be repeatedly reminded.

I complete my school assignments, homework, and projects on time.

I set and achieve goals.

\_\_\_\_\_ I plan my time.

\_\_\_\_\_ **Total**

If you checked six or more statements, you're on the right track to being responsible! If you marked off five or fewer statements, you might want to work on becoming more responsible.

I think I *am/am not* a responsible person because \_\_\_\_\_  
\_\_\_\_\_.

What does "being responsible" mean to you?

---

---

---

What responsibilities do you have at school?

---

---

---

What are some responsibilities you have at home?

---

---

---

Name some other ways you show responsibility.

---

---

---

How does behaving responsibly affect your relationships with your friends?

---

---

---

How does behaving responsibly affect your relationship with your parents?

---

---

---

Has anyone ever caused problems for you by being irresponsible? What happened? What do you wish that person understood about what happened? What do you wish you could say to that person?

---

---

---

---

---

---

---

How does it make you feel when somebody lets you down?

---

---

---

How does it make you feel when you have let somebody else down?

---

---

---

Do you think there is any connection between being responsible and being trusted? Between being responsible and being respected? Explain.

---

---

---

Describe a time you did sometimes irresponsible. Why did it happen? How did you feel about it at the time? Did it affect anybody else? Did it cause any problems for you? How do you feel about it now? What did you learn from it? Would you do things differently if you had the chance?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

For the next month, write down your responsibilities, which might include tasks, household chores, or your actions and choices. Then, write down whether you were responsible. For example, did you do what you were supposed to do? Finally, describe the rewards for being responsible or the consequences for being irresponsible.

<b>Date</b>	<b>Task or action</b>	<b>Were you responsible? Y / N</b>	<b>Reward or consequence</b>

Did this exercise help you realize all the responsibilities you have? Explain.

---

---

---

Were you surprised by all the things you're responsible for each day?

---

---

---

What are some things you can do to show more responsibility?

---

---

---