



The Responsibility Riddle

Important Note to Counselor/Group Leader – Do not tell the group the name of this activity so that group members have a chance to solve the responsibility riddle

The Responsibility Riddle

Directions: Whomever is leading the group should read each line and pause, one by one, allowing the group members the opportunity to solve the riddle. Even if someone solves it early you should still go through every line until completion because the group will be breaking down the riddle line by line afterward:

Some people want to share it, but often not enough people own it

Some people give it away any chance they get it

Some people take too much of it for themselves

Some people just avoid it and look the other way

Some people accept what's theirs and leave the rest...

It may make sense to review the riddle a second time after the answer is revealed to make sure everyone understands the riddle and how this riddle describes responsibility. This would be at the discretion of whomever is leading the group.

Process: The process portion of this group is to break down the responsibility riddle line by line and do a self-examination about how each one of us individually handles responsibility as a person. Encourage group members to come up with personal examples from their own lives.

Responsibility: n.: the state or fact of being accountable or to blame for

1. Some people want to share it, but not enough people own it

- When can it be good to share responsibility? (For example group and family goals)
- When is it not appropriate to try to share responsibility? (For example, roping in others who may be innocent just to make oneself look less guilty when something goes wrong)
- What does “**owning**” responsibility mean?
- Make personal application: What are some responsibilities you “own” (as yours and yours alone)?



2. Some people give it away any chance they get it

- What do you think is meant by the idea of “giving away” responsibility?
- Has anyone ever done that to you?
- Get honest – How have you done that to others?
- What prevents you now from giving away responsibility that you should own?

3. Some people take too much for themselves

- Do you ever do this? (If yes, how?)
- What often happens when you take on too much responsibility for too long?
- Apply: What skills are needed to prevent this from happening? (For example, be assertive, say “no”)

4. Some people just avoid it and look the other way

- Get honest: Everyone has done this at one time or another in their life, what about you?
- What kind of lifestyle or attitude could trigger someone to be the type of person who avoids responsibility?
- Apply: How can you avoid living that kind of life or taking on this kind of bad attitude?

5. Some people accept what’s theirs and leave the rest... (**There is an optional way to process these questions in greater detail on the next page*)

- What are some positive things that you accept responsibility for today?
- What is your plan to take care of these responsibilities?
- What are you letting go of? (Negative things, perhaps from your past, that you no longer hold on to responsibility for?)

Additional Optional Pandemic Questions for Discussion:

- ✚ *How has the pandemic changed or impacted your responsibilities and your ability to care for them?*
- ✚ *How have you been able to adapt to the new pandemic environment when caring for your responsibilities?*



***My Responsibility Plan** – This chart is another way to answer the questions from #5 on the previous page. This can be done by group members completing and discussing this chart below:

5 Positive things that I accept responsibility for today	My plans to take care of these responsibilities	Self-Grade Progress (A-F)
1.		
2.		
3.		
4.		
5.		
Things that could hold me back that I am letting go of	Who and what can help me to let go of the negative things that could hold me back from my responsibilities?	Progress

**Responsibility is a key element of individual progress.
There can be no lasting, positive personal change without responsibility.**