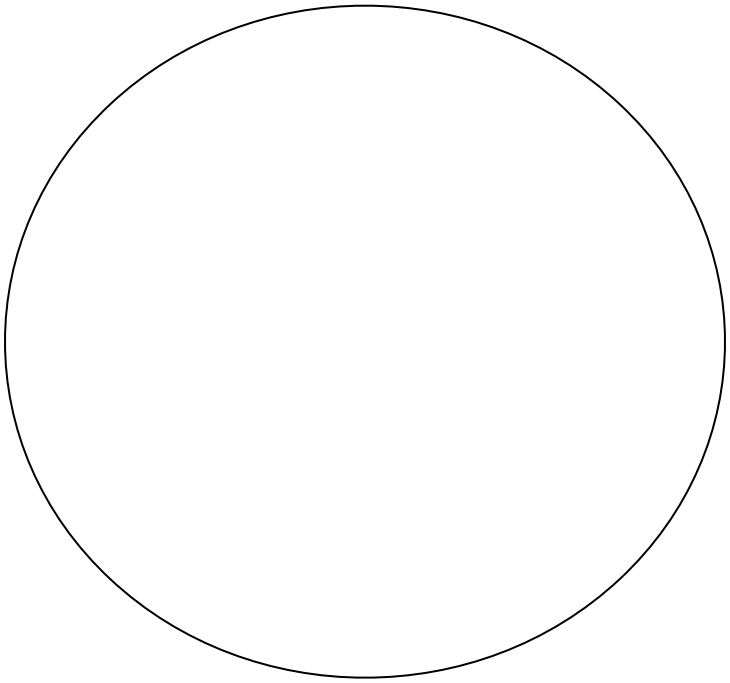
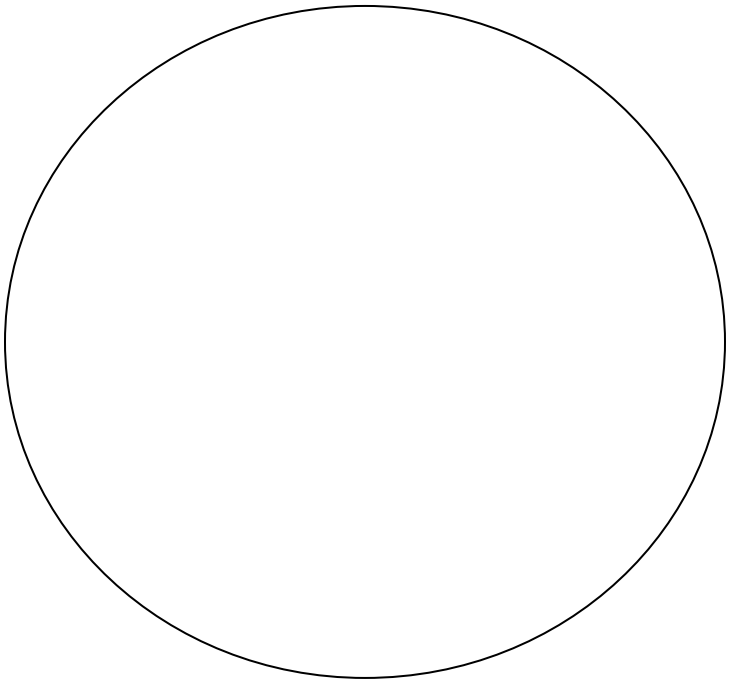
Using the Responsibility Pie to Challenge Cognitive Distortions

A Responsibility Pie Chart (RPC) is a concrete way for children to understand that all negative situations can be affected by 3 factors:

1. Their own actions
2. The actions of others
3. Random unpredictable factors

1. It can be used to challenge a cognitive distortion that they are completely to blame. When discussing responsibility, try to avoid the words "blame" and "fault."
2. Have the child/teen talk about how much responsibility they would give to themselves and others. First, have them color in or section off all the different factors they think contributed to something happening.
3. Next, explore other possible contributing factors that they may have either missed or misallocated.
4. Complete another responsibility pie chart that is more accurate.
5. Have them practice saying the healthier new thought.
6. Encourage them to substitute this thought whenever they hear themselves thinking or saying the unhealthy thought.
7. You may have to repeat this challenge on more than one session. Praise them for moving the unhealthy thought a little closer to healthy thought.

Responsibility Pie Charts