What Disappears and What Remains

ONE PROBLEM / ONE PERSON

Specific problem:

Who I'm removing in my imagination:

What burden, or their share of the problem, disappears with them:

What I get from them that would be missing without them:

What remains of the problem:

What Actually Belongs to Me

EVALUATION OF THE SAME SITUATION

1. What am I responsible for in this?

2. What specific obligation follows from my role or agreement?

3. What can I influence without having to take it over?

4. What do I have the right to decide on my own, and what do we decide together?

Where is responsibility still unclear to me?

ONE NEXT STEP

What specifically will I do to get clear on this?