

When You Let Somebody Down

Sorts what you owe someone from what you are punishing yourself with.

WHEN TO USE THIS

Use this after you let someone down and cannot stop going over it.

What happened, and who did it land on?

Split it up. What is fair to own, and what are you piling on?

MINE TO OWN

PILING ON

What would putting it right look like? One thing you could actually do.

What do you want to say to yourself once that is done?

Owning it and beating yourself up are not the same job.