

The Joy Codex Elements In Action

Responsibility

Demonstrate Responsibility

Acting with Irresponsibility

1	Acting with your knowledge of compassion and integrity for Self and Others.	1	Acting with cognitive irresponsibility, knowingly for Self and Others.
2	Engage in activities that increase joy, confidence, and self-worth	2	Engage in activities that decrease joy, confidence, and self-worth.
3	Think with cognitive responsibility in order to influence emotion and behavior.	3	No concern for how thinking influences emotion and behavior.
4	Acting with transactional responsibility.	4	Acting with transactional irresponsibility.
5	Minding the gap in order to RESPOND rather than react.	5	Immediately REACTING without cognitive responsibility.
6	Treating Self and Others with kindness, patience, compassion, and integrity.	6	Treating Self and Others with spite, resentment, anger, fear, and contempt
7	Acting with cognitive responsibility in all matters.	7	Acting without cognitive responsibility.
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Use the spaces provided to add the items you have identified that demonstrate responsibility and the items that don't. How do your thoughts influence your cognitive responsibility with regard to self and others? How will you demonstrate responsibility and what is the opposite of your action item, how will you know when it isn't demonstrated?