The Comparison-to-Responsibility Record

See the facts and return to the work you own.

Another person's result is not a complete account of their life or yours. Examine your own responsibility without diminishing their good.

Example: an organized family's post prompts a harsh self-judgment. The known fact is their completed schedule. The useful lesson is to confirm one unresolved ride in your own household, with different constraints kept in view.

01 Separate fact and story

Leave unknown details unknown.

What I actually saw or heard

Conclusion I added

Details I do not know

Feeling I can name honestly

02 Look for useful learning

Consider your own circumstances.

Practical lesson worth understanding

My real constraints and support

Part of the method that fits my life

Question to ask instead of assuming

The Comparison-to-Responsibility Record / Review & follow-through

03 Honor good and carry duty

Let another person's good remain good.

Good I can acknowledge truthfully

Appropriate congratulation or response

Responsibility that belongs to me

Next action I can carry out

04 Review attention and support

Choose a proportionate boundary where useful.

Repeated exposure to adjust

Practical attention boundary

Suitable perspective or support to seek

Duty or response actually completed