

## **Between Rights & Responsibilities**

Review these skills and indicate which have contributed to your own independence. Focus on three of these actions that were important to you in becoming independent and attribute a memory associated with each of them. If you're doing this exercise in a group, tell the story of what happened to your peers, identifying the person or people who were present. As you recount the details, identify the responsibilities that came with each action, and how you felt about them. Were there any tradeoffs? How did you deal with them?















































