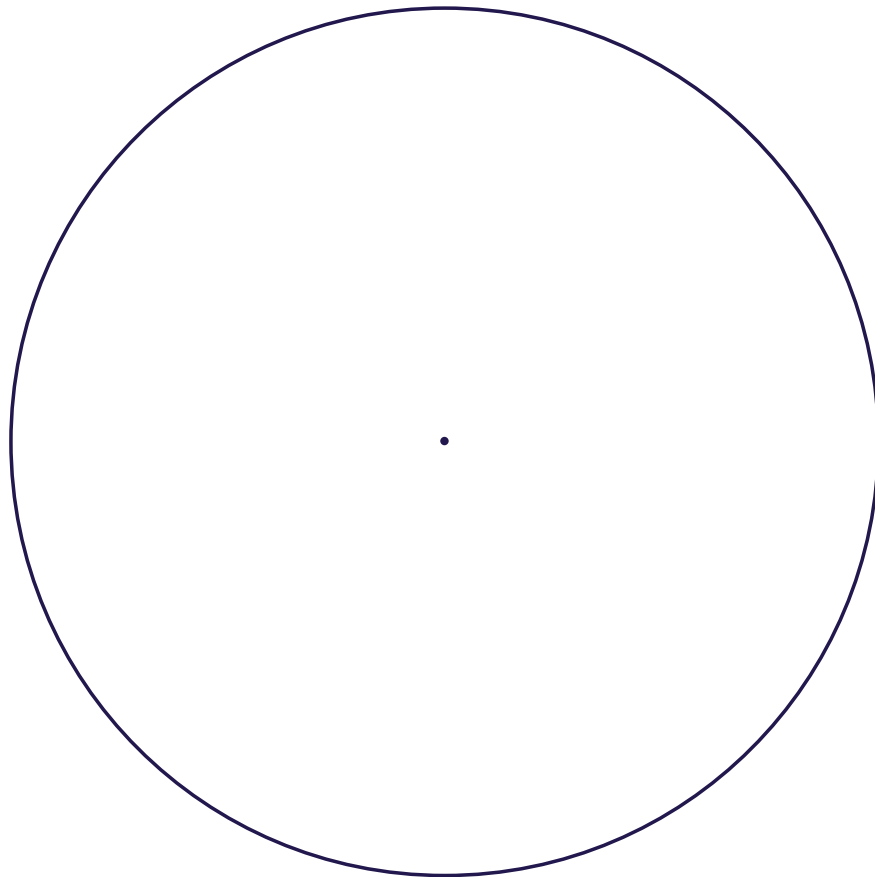# Exercise 16 – The CBT Responsibility Pie Chart

The Responsibility Pie chart helps to challenge unrealistic or distorted thinking about feared events or responsibility for situations that have already happened. You can use the instructions and worked example on the next page to guide your approach to this exercise.

Initial Belief:	Revised Belief:

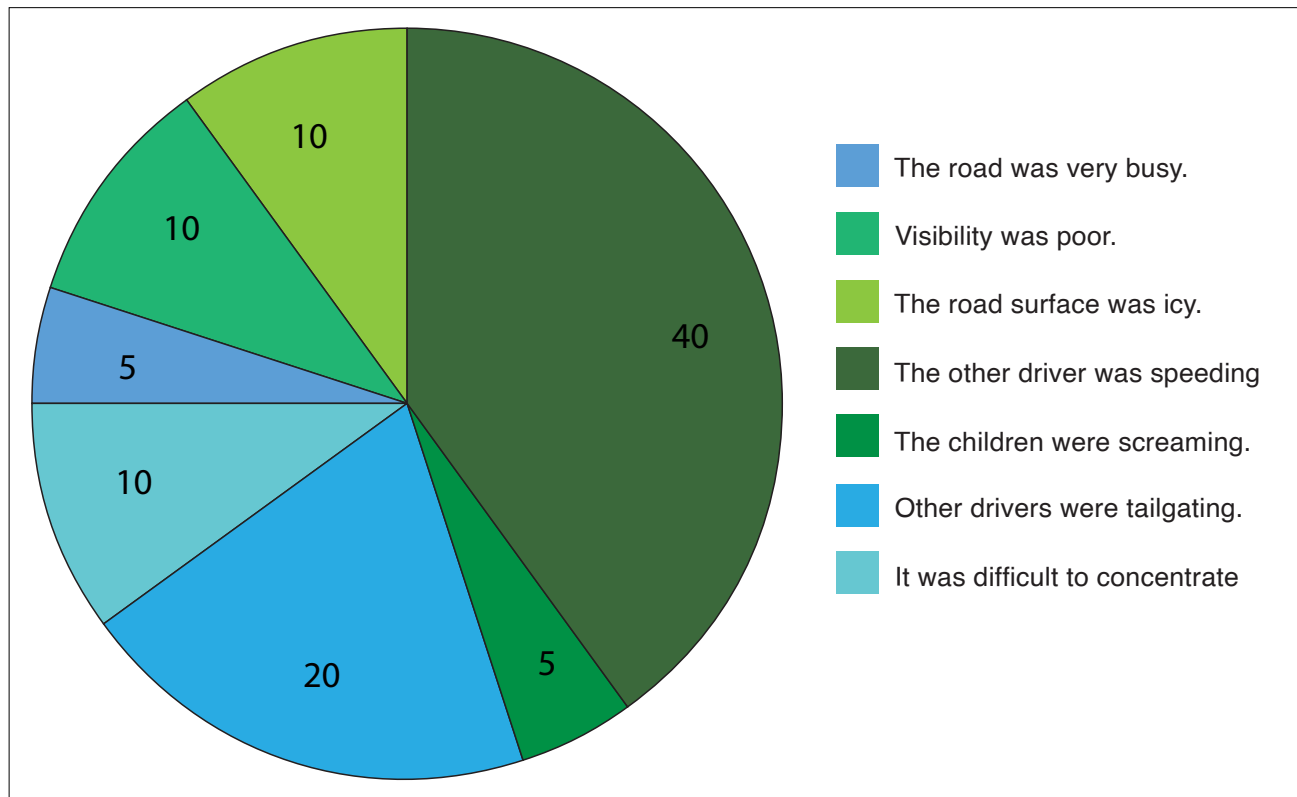| Causal Factors	%

Example CBT Responsibility Pie Chart

Instructions: 1. State how strong the initial belief is in percentage terms. In the following example personal responsibility / blame was originally 99%. 2. Identify all of the different factors. In the example provided, there were seven different factors that contributed to the road accident. 3. Weight each factor in percentage terms. In the example, each factor was ranked according to its likely contribution. 4. Plot the different factors on the pie chart indicating each percentage. 5. Identify a revised belief and percentage rating to accurately reflect the overall picture.

Initial Belief: I am to blame for the car accident - 99%	**Revised Belief:** I cannot control what happens on the road - 97%

Pie chart segments:
- The road was very busy — 5
- Visibility was poor — 10
- The road surface was icy — 10
- The other driver was speeding — 40
- The children were screaming — 5
- Other drivers were tailgating — 20
- It was difficult to concentrate — 10

Causal Factors	%
The road was very busy.	5%
Visibility was poor.	10%
The road surface was icy.	10%
The other driver was speeding	40%
The children were screaming.	5%
Other drivers were tailgating.	20%
It was difficult to concentrate	10%