

Accountability

1. Finish the following sentence: I struggle to hold myself accountable when it comes to...

(Examples: dealing with conflict with my family, financial issues, attending AA regularly, telling the truth, admitting when I'm wrong, etc.)

2. What are you willing to hold yourself accountable for?

(Examples: applying my coping skills when angry, talking to my therapist/ sponsor when having urges, staying out of legal trouble, staying away from the people I used with, finding a job, etc.)

3. What are some behaviors you need to look out for?

(Examples: breaking promises, procrastinating, blaming others, arrogance, being defensive, etc.)

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Credits



Kimberly Geswein Fonts
-Thank you for the border!