

Name _____ Date _____

CORE COMPETENCY # FIVE - ACCOUNTABILITY PLAN

How have you been abusive in the past?

How have you become responsible for your behavior? What changes have you made? What techniques have you used in your relationships?

What motivates you to maintain healthy relationships?

ACCOUNTABILITY

What does accountability look like? Accountable individuals look directly at others when they speak. They are genuine and authentic. They do not hesitate to admit to their behavior.

What does accountability sound like? Accountable individuals use I statements;

“I am here because I was abusive to my wife.” “I made a terrible mistake when I was confronted about my behavior.” “I did not respect my girlfriend’s privacy when I tried to hack into her phone.”

Accountable individuals accept or own their behavior. A former client whose wife kicked him in the groin just before he struck her in the face told the domestic violence group one night, “I am here because I chose to hit her back.”

What is the opposite of accountability = **Defense Mechanisms**. Defense Mechanisms are our tendency to not be accountable for our behavior. Everyone has a built in defense mechanism we tend to use when we are confronted with a accusation of not meeting others expectations of ourselves.