

Substance Abuse

Accountability

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PURPOSE OF GROUP: to explore the concept of accountability

MATERIALS NEEDED: pens/pencils for each group member
handout, "Accountability" (print p. 4; have enough copies for each group member)

1. Facilitator can open group by asking group members, "What does accountability mean and what role does it play in recovery?"

For facilitator to discuss afterwards:

-When you're accountable, **you accept responsibility for your actions** & the mistakes you make.

-You push yourself to do your best and take on challenges that will lead to personal growth

-You recognize your faults and areas in your life in which you need to make improvements

-Instead of looking to blame others, you look inwards

-Accountability is closely tied to recovery because you need to have accountability to make positive changes.

-Accountability is key when it comes to changing bad behaviors and toxic thinking

-For those who have long struggled with addiction & denial, **accountability is a great first step towards recovery.**

-It shows you are ready to be honest with yourself and with others

-It also shows you are mature enough to work on your relationships and any obstacles

you currently face, and you are mature enough to finally address the uncomfortable emotions you experience

*You can ask group members, “Do you tend to bury things (conflict, emotions, etc.) or do you face them head on?”

-Without accountability, your journey towards sobriety will likely stall.

-No accountability leads to excuses, lies, & denial

-You need to have accountability to accept responsibility for your behaviors while you were using and to acknowledge the severity of your problem(s)

2. Group members will now participate in an **activity** in which **they will explore accountability.**

*Give each group member pen/pencil & handout, “**Accountability**” (print p. 4 of this guide)

*Group members will complete handout- you can read the questions & the examples listed before they start

*Allow volunteers to share when they’re done writing

2a. After the activity you can ask group members, “Do you think you need support from others when it comes to accountability? If so, who could help you stay on track?”

3.

-Facilitator can conclude group by going over some key **ways you can hold yourself accountable through recovery.**

-Keep an open line of communication with friends/family

a. Talk to them about your concerns, your urges, your moods, your triggers, etc.

-Keep asking yourself... who am I accountable to?

a. Examples: myself, my children, my partner, my group members, etc.

-Call yourself out on your lies!

a. You may have become so used to lying while deep in your addiction that you struggle with this early on! So keep on top of it...

-Set goals & track your progress

a. Be sure your goals are realistic!

-Have a plan in case of relapse

-Continue to learn new coping skills

-Find a sponsor!

a. You can also attend AA meetings/support groups

-You can end group by having each group member complete the following sentence:

-I will hold myself accountable because...

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.)