

Accountability Partner Questions

A Native American Elder once described his own inner struggles in this manner: "Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time." When asked which dog wins, he reflected for a moment and replied, "The one I feed the most."

Good Dog Questions:

1. Have I practiced spiritual growth/discipline by attending church, praying regularly, and doing devotions this week?
2. Have I practiced good physical well being by eating right, exercising, and getting enough sleep?
3. Have I sought true intimacy with my spouse through my words, actions, and deeds? Doing the little things such as telling her I love her, calling her during the day, sending her an email, hugs and touches, etc. (acts of service, quality time)
4. What emotions have I been dealing with this week (identify/name the positive and the negative emotions, what caused those emotions and how did I respond to them)?

Bad dog Questions:

1. Have I entertained false intimacy or fantasy this week through: roaming eyes, playing out scenarios in my head, inappropriate conversations/ flirting, etc.?
2. Have I exposed my eyes to anything inappropriate this week through: movies, internet, TV, etc.
3. Have I been totally honest in answering all these questions?

My Personal Triggers:

- Depression
- Stress
- Boredom
- Visual (seeing something provocative)
- Loneliness
- Marital tension or struggles

Action Steps I Am Taking: