

## **An Accountability Partner - Someone committed to your radical honesty**

A good Accountability Partner will not be easy to find. But persevere until you find the right person. It might take a couple of years! He **cannot** be a man in your congregation or organization. Search them out. If they turn out to be someone who is inclined to let you slip, find a new one!

### **A Good Accountability Partner is Someone Who Will**

- Hold your feet to the fire,
- Call your a liar when necessary,
- Help your work out a plan for what you will do when tempted,
- And a plan for what you will do if you fall (relapse).

## **Accountability Questions**

Should be adapted to your unique circumstance, but could look something like this:

### ***Since we last talked...***

1. In what specific ways are you caring for your wife?  
How have you ignored her feelings or needs?
2. In what specific ways have you been tempted sexually?  
In each case, what did you do about it?

3. Have you experienced lust?
4. Specifically how have you worked to overcome isolation? (phone calls, recovery meetings, time with other men)
5. How much TV have you watched? What shows?  
How is that different from what you want to do?
6. What secrets or feelings are you hiding from others?  
What are your feelings about these secrets?
7. How many days each week have you exercised?  
What exercise? How long?  
How is that different from what you want to do?
8. How have you have misused anger at –  
God? Wife? Others?
9. How have you experienced sadness or loss?
10. Have you avoided any responsibility?
11. How have you taken time for yourself?
12. What spiritual disciplines have you followed?
13. Have you deceived anyone? How did you deceive them?
14. When have you experienced pride or self-importance?
15. When have you experienced self-hatred?
16. Have you have misused money?