



APPENDIX K

CONTINUING ACCOUNTABILITY PLAN

WHAT IS CONTINUING ACCOUNTABILITY?

- Continuing to develop new behaviors and beliefs that support being nonabusive and noncontrolling
- Sustaining the positive changes you have made while a group member here
- Awareness that, if not maintained, new beliefs and behaviors can give way to old ones that could lead to a return of abuse and control
- Monitoring yourself for the warning signs and behaviors that indicate you are headed back into an abusive and controlling lifestyle
- Implementing your Accountability Plan before you actually become abusive and controlling again
- Reviewing and revising regularly your Accountability Plan

YOUR CONTINUING ACCOUNTABILITY PLAN

Staying nonabusive and noncontrolling requires continued commitment after you finish reading this book/leave your group. Please record your answers to the questions below on a separate piece of paper.

1. How do you plan to stay accountable? How will you continue to evaluate and monitor yourself?
2. How did you avoid accountability and keep your abusive and controlling behavior a secret in the past?
3. What are the thoughts and behaviors that indicate that you might be headed towards a return to controlling and abusive behavior? Refer to Appendix G: Relapse Warning Signs.
4. When you notice those thoughts and behaviors, what actions will you take?
5. What are the “slippery situations” in which you are most likely to be abusive and controlling?
6. What steps will you take to reduce the chance of being abusive and controlling while in those “slippery situations”?
7. What needs were you most commonly trying to meet by using abuse and control?
8. What do you do now to meet those needs?
9. Who can you openly talk with and receive support from? Who can you share your warning signs with? Who

can you trust to express concerns about your recovery?

10. What are some of the ways you continue to be controlling? What are some of the aspects of your life that still need to be worked on to stay nonabusive and noncontrolling once you leave Allies in Change?