

Accountability Contract

My bottom line (inner circle) behaviors related to my escape cycle include:

My bottom line (inner circle) behaviors related to my trauma cycle include:

How relapses into escape behavior will be communicated:

Timing (such as within 24 hours or before sex, whichever happens first)

Modality (such as in person, via phone call, via text)

Scheduling (such as not during workday, after kids are in bed)

Details (such as behavior, time spent, money spent, individuals involved)

Recovery steps I will take in response to relapses into my behaviors (both escape and trauma-based) (i.e. complete a contributing factors worksheet, complete an amends worksheet, discuss with therapist, discuss with group and/or sponsor) –

Who will I contact for support?
