Accountability without Defensiveness - Review journal

Review an attempt at accountability without defensiveness and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Quinn wants to acknowledge a broken agreement without explaining it away.

Use an ordinary or fictional example, with a clinician when appropriate. Accountability can name choices and impact without demanding immediate trust.

Practice task

Draft a statement that owns a known action, acknowledges impact, and offers a concrete next step without blaming the hurt partner.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What can be owned plainly? My optional adjustment or support request:

Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A06-5