



**GOOD LIFE
RECOVERY**


Accountability in Recovery

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Why We Need Accountability

Most of us use our drug of choice because we fundamentally do not feel comfortable or at home in our own skin.

- ❖ maybe life dealt us too much pain
- ❖ maybe we never felt loved for who we are
- ❖ maybe we have too much fear




To be Accountable to Ourselves is the First Step

Sobering up means facing life as it is, not as we want it to be.

It means acknowledging our pain and taking action to heal.

It means finding a way – a spiritual way – through the darkness that led us to our addiction and kept us there.



Accountability Means Asking for Help

So many of us suffer from what I term, 'toxic independence' – making sure we never have to rely on anyone.

Yet, we become 'dependent' on a substance or behavior (gambling, sex, work) and feel somehow that is more acceptable.

Healthy functioning is defined by healthy inter-dependence – "I can stand on my own two feet, and I can lean on you too."



Redefining Self-Accountability

Leaning on others, developing a support network, sharing your fears, worries and insecurities, are NOT a sign of weakness.

They are a sign of strength. They are the way out of the isolation that so many addicts and alcoholics suffer in.

It is a way to feel a part of the human family and to recognize that we are not only not alone, we are more alike than we are different.

This is comforting!



Accountability to Others

We have to clean up the wrongs we have done others in the past (especially during our addiction).

That means owning up to the things we said and did that caused harm.

This is a fundamental requirement for changing the inner landscape of our being – to feeling comfortable in our skin.



We Pocket our Pride and Free Ourselves

It is an incredibly character-building exercise to let those we have harm know that we are truly sorry.

It is a bridge back to our humanity. It raises us up and places us on higher ground.

It helps us feel so much better about ourselves. It is freedom from the burden caused by our defects and shortcomings.



How Free Do You Want to Be?

There is a formula for you to follow and the result is totally up to you and your efforts.

If you face 100% of the harms you have done, and make every effort to be accountable, you will have 100% emotional freedom.



Correcting Harms to Self

Make a list of the resentments you have towards yourself.

Make a list of the fears you have that relate to your worth and connection to others.

Share this with a trusted person.

Begin to make amends to yourself by both forgiving yourself for wrongs you have committed and then treating yourself like you would a good friend, i.e., with kindness and respect.



Correcting Harms to Others.

Make a list of the resentments you have towards others.

Make a list of the fears of others that you have.

Share this with a trusted person.

Begin to make amends to those on the list for wrongs you have committed and then treating others with the same kindness and respect that you would want, i.e, The Golden Rule.