

Get out of stuck

Accountability

Sometimes it's hard to get started and sometimes it's hard to keep going toward your goal. To keep yourself moving, some people make commitments. We avoid making commitments in this meeting because if a commitment gets broken, it just leads to discouragement. If you have been avoiding an action for a long time, its unlikely that a new commitment will suddenly work.

On the other hand, accountability can work. If you are accountable to someone, you know you are going to report back to them, and that's what gets you started.

So if you want, choose someone and ask them about being your accountability partner. Avoid a judgmental process. The idea is just checking in with a person when you intend to take an action and when you have taken it. If someone asks you to be an accountability partner, you will not be giving feedback, only listening. Anyone can do this, your therapist or a sponsor in another program or a friend. Exercise prudence in choosing an accountability partner because you want the process to be helpful.

The concept of **bookending** works a similar way. Bookends come in pairs, and bookending is a pair of phone calls (or texts). The first call is letting the person know what action you intend to do. The second call is reporting that you have done it.

Knowing that you will be reporting back is what gets you started.

Accountability can be mutual, or not. If a person asks you to be an accountability partner, you are not obliged to reciprocate. You can also use your meetings for accountability. Each meeting you can share whether you followed through on intentions from previous meeting.

What if you intend an action but don't follow through? Lack of follow-through can be an internal block. It obviously doesn't lead to the growth you are hoping for. Not following through can be a bad habit. In a meeting you can share about it.

Breaking the goal down into sub-goals, or trying different actions – these methods can be shared in future meetings.