

ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

Conflict, misunderstandings, and small harms can happen in healthy relationships. Accountability is about being responsible for your choices and changing your behavior. Accountability has four important parts to the process.

Part 1. Self-Reflection is needed to understand your actions and the impact of those actions.

Part 2. Apologizing is a chance to acknowledge the hurt you caused and take responsibility for the harm.

Part 3. Repair needs to happen in a relationship. Repair means making amends and rebuilding trust in a relationship.

Part 4. Changing behaviors is one of the hardest parts of accountability. It will likely take time to change your behavior and lots of practice.

ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT

2. APOLOGIZE

3. REPAIR

4. CHANGE BEHAVIOR



“It’s not unusual when we make mistakes to make excuses or apologize without changing our behavior. We can learn to be accountable.”

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4. CHANGE BEHAVIOR



“Apologizing is a fundamental part of rebuilding trust and requires us to practice being honest and vulnerable.”

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“Apologizing is a chance to acknowledge the hurt you caused, take responsibility, and change your behavior.”



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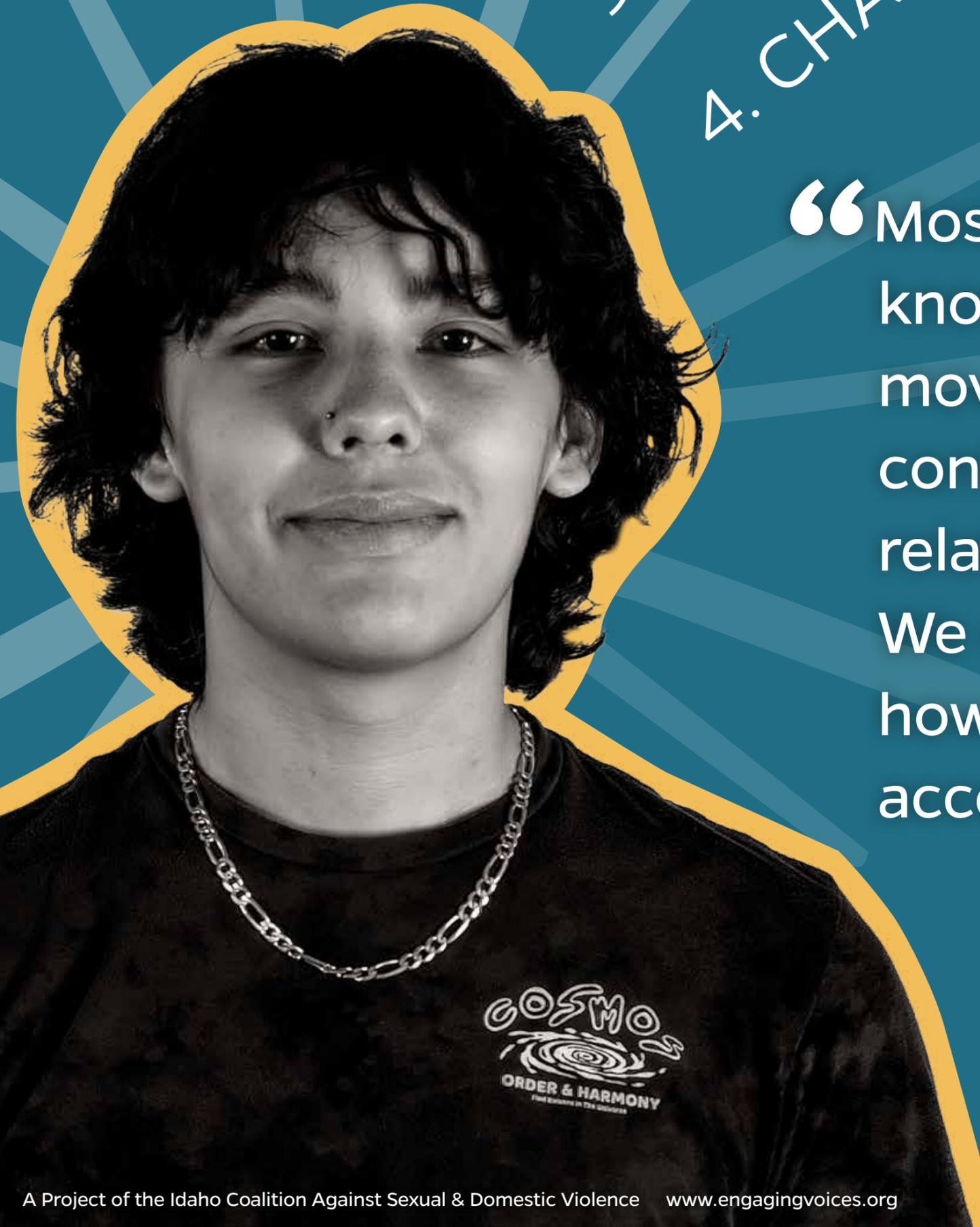
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“Most of us don’t know how to move through conflict in our relationships. We can learn how to be accountable.”

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“Conflicts and small harms can happen in healthy relationships. We can learn to be accountable.”



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“Reflecting on your behavior and how it impacted others may help you identify ways to act differently in the future.”



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“Accountability is more than apologizing, it’s about changing your behavior so harm doesn’t happen again.”

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“Repair means making amends and rebuilding trust. It can take time and you may need to apologize more than once.”

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“Self-reflection about the impact of your actions can help you get to a place where you are willing to make things right.”

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“Changing your behavior is one of the hardest parts of accountability. It takes time and lots of practice.”

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“We all make mistakes. Being accountable can create trust in your relationship.”

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“Accountability encourages each partner to think about the consequences of their actions.”

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“When you practice accountability, you build awareness of your behaviors.”

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“Accountability encourages considering how your partner feels, which is fundamental to a healthy relationship.”



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