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.""
Apologizing is a fundamental part of rebuilding trust and requires us to practice being honest and vulnerable.
Apologizing is a chance to acknowledge the hurt you caused, take responsibility, and change your behavior.

ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR
ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR

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

A Project of the Idaho Coalition Against Sexual & Domestic Violence  www.engagingvoices.org

This project was supported by Grant No. 15JOVW-21-GK-02221-NJMOU awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice.
ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

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

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR

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

ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR
Accountability is more than apologizing, it’s about changing your behavior so harm doesn’t happen again.”
ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR

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

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR

“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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ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR

“Changing your behavior is one of the hardest parts of accountability. It takes time and lots of practice.”
We all make mistakes. Being accountable can create trust in your relationship.

ACCOUNTABILITY IN HEALTHY RELATIONSHIPS

1. SELF-REFLECT
2. APOLOGIZE
3. REPAIR
4. CHANGE BEHAVIOR
Accountability encourages each partner to think about the consequences of their actions.
When you practice accountability, you build awareness of your behaviors.
Accountability encourages considering how your partner feels, which is fundamental to a healthy relationship.