

Name : _____

Date : _____

Accountability & Honesty Worksheet

To be accountable means to acknowledge and take responsibility for one's actions. The participant will take responsibility for their abusive behavior with past and present victims, and respect the victims' needs.

Acknowledgment of Abuse:

- I have been physically and emotionally abusive to my partner.
- Describe the use of abuse and control in detail

- It was my choice to be abusive; my behavior was not provoked or caused by my partner.
- Identify ways I have tried to blame or minimize my use of abuse (i.e., alcohol, stress, anger, "I never hit her," "It wasn't that bad," "She's not afraid of me").

- Apologize, if the victim wants that.
- If your victim wants an apology, be sure it is specific and sincere.
- My partner does not owe me forgiveness for admitting my use of abuse.
- I recognize that because I have been abusive against my partner, she may be distrustful, intimidated, and fearful of me, perhaps forever.
- Explain your motivation, if she wants that. (Some victims are interested in understanding the motivation, rationale, or negative self-talk you used which led to the abuse.)

Acknowledging Ongoing Effects:

- I recognize my abusive behavior has affected our relationship, our children, her career, her health, her friends and family.
- Identify specifically how your abuse has affected her:
