

Accountability: What are the Ways to Build a Practice of Accountability and Overcoming the Fear of Checking In

- fear is central to our ability to be accountable
- we convince ourselves of our lies -- pretend things are going well
- fear of disappointment, being judged, pride, ego leads to shame (looking deep from long time ago)
- to avoid this, we need to check in
- what stops us? Our egos -- we don't want to disappoint our sponsors, yet by not telling them, we disappoint them
- regardless of length of sobriety, it's still hard to reach out
- there's difficulty in using technology to connect with fellow members, for fear of significant other thinking we're acting out
- regardless of sobriety we still are paranoid about leaving our technology somewhere where it could be found by others
- telling may result in more work – fear of being assigned 90 meetings in 90 days
- fear of knowing that I have to be accountable can be enough to stop me

Solutions:

- make daily check-in a regular expectation
- focus on one meeting at a time, just like one day at a time, but consider 90 meetings in 90 days
- daily check in – 3 circle model: what happened in any of my circles yesterday?
- avoid vague, ambiguous language e.g. I'm struggling, I'm OK
- tell others about the types of vague language you used and offer to be open to being called on it
- be open to tough feedback
- trying not to be judgmental of myself when others don't judge me; think: if someone was checking in a slip to me, how would I react?
- may need to have to be authentic and declare to significant other about our fear of using technology – show your vulnerability
- being able to be open is key to a more effective relationship
- we need to declare our boundaries (e.g. use of phone)
- careful about rationalizations for not checking in (e.g. it's too late, I don't want to wake them) – people won't answer if they aren't available, we can ask fellowship members about their availability in advance
- even if not available, just be reaching out, it may dispel the urge to act out