

# FINDING AN ACCOUNTABILITY PARTNER CHECKLIST

**MAKE SURE YOUR CHOSEN ACCOUNTABILITY PARTNER MEETS THE FOLLOWING REQUIREMENTS:**

**1**

AT LEAST 5 YEARS OF HEALTHY SOBRIETY - IF THEY ARE IN RECOVERY.

**7**

SOMEONE WITH A FLEXIBLE SCHEDULE—SO YOU CAN MEET AND CALL/TEXT REGULARLY.

**2**

NO HISTORY OF FREQUENT RELAPSES.

**8**

AVAILABLE TO TALK 24 HOURS/DAY — IN CASE YOU HAVE AN EMERGENCY.

**3**

SUCCESSFUL IN THEIR OWN LIFE & RECOVERY.

**9**

A POTENTIAL FUTURE MENTOR — FIND SOMEONE WORTH IMITATING.

**4**

COMPLETE TRUST AND RESPECT.

**10**

MOTIVATES YOU TO STAY SOBER—BY LIVING THE LIFE YOU WANT FOR YOURSELF.

**5**

A NON-FAMILY MEMBER (PREFERABLE).

**11**

COMFORTABLE SHARING INTIMATE, PERSONAL DETAILS FROM YOUR LIFE WITH THEM.

**6**

MAKE SURE THEIR PERSONALITY IS DIFFERENT FROM YOURS.

**12**

NO RELAPSES IN THE LAST YEAR.

AN ACCOUNTABILITY PARTNER ACTS AS A SAFETY NET DURING THE TUMULTUOUS FIRST YEAR OF SOBRIETY—IT'S CRITICAL TO YOUR SUCCESS

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