

# ACCOUNTABILITY PARTNER DIAGNOSIS WORKSHEET

- 1 Are they currently in recovery? (better if they are--not necessary) YES NO  
Length of sobriety? (5 year minimum)\_\_\_\_\_
- 2 Have they been an accountability partner/sponsor in the past? YES NO
- 3 Do they belong to a 12-step fellowship? YES NO
- 4 Is their personality different from yours? (not necessary, but helpful) YES NO
- 5 Are they available 24 hrs/day? (in case of emergency) YES NO
- 6 Do they have a successful life & recovery? YES NO
- 7 Can you see them as a potential mentor in the future? YES NO
- 8 Do you trust and admire them? YES NO
- 9 Is the person a non-family member? (preferable) YES NO
- 10 Do they motivate you to stay sober? (do they have what you want?) YES NO
- 11 How many times have they relapsed in the past?\_\_\_\_\_
- 12 When was the last time they relapsed?\_\_\_\_\_ (if less than 1 year, find someone else)

## QUICK TIPS FOR A REWARDING RELATIONSHIP:

- ✓ MAKE SURE TO CALL THEM *EVERY TIME* YOU LEAVE THE HOUSE DURING THE FIRST YEAR OF SOBRIETY.
- ✓ MEET WITH THEM 1X EVERY TWO WEEKS TO DISCUSS GOALS, PROBLEMS, ACCOMPLISHMENTS, ETC.
- ✓ SET SMALL, MEASURABLE GOALS AT FIRST, THEN MOVE TO LARGER ONES.
- ✓ AGREE TO A 4-6 WEEK TRIAL PERIOD.
- ✓ SET INITIAL BOUNDARIES ON BOTH SIDES.
- ✓ DON'T SETTLE FOR SOMEONE YOU DON'T *CLICK* WITH.
- ✓ FULLY COMMIT. NO EXCUSES OR NEGATIVITY.
- ✓ FIND SOMEONE THAT GIVES YOU *TOUGH LOVE* AND DOES NOT SWEET-TALK YOU.

**DON'T PROCRASTINATE FINDING  
AN ACCOUNTABILITY PARTNER—  
YOUR RECOVERY NEEDS ONE!**