



Describe the new behaviour you are committing to

Change "I won't do X" statements to "I will do Y" statements



It's more realistic to promise your best effort than to try to guarantee a particular outcome



Whenever you make a broad commitment, consider if a more specific one would fit better



Help your partner understand what your intentions are going forward. Your new plan ideally takes into account the impact of your previous behaviour on their emotions and demonstrates that you are prioritizing their emotional well-being from now on.

Now follow through on your commitment!

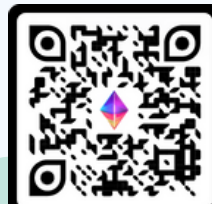


And if you mess it up, start at the beginning of your accountability formula again.

Regular practice of these skills creates

stronger relationships

Access the information in this brochure online, or book a session to work on these and similar relationship skills



SCAN ME

Contact us



Prism Counselling

587-969-4734

hello@prismcounselling.ca

www.prismcounselling.ca



Accountability formula

Learn how to address your own wrong-doing in your relationship



More than just saying "I'm sorry"





Especially the emotional impact!

Recognize the impact on your partner



Acknowledge inappropriate behaviour

What did I (not) do?

1 When I forgot your birthday, you probably felt really hurt and inadequate.

2 I'm guessing you feel pretty angry about me losing my temper, and maybe a little anxious about future conflict.

3 I know what I did made you feel bad, but I haven't been able to pin down what exactly you're feeling. Can you help me understand?



Avoid overly vague descriptions

Try to be as specific as you can

This is not the time to defend your actions

Let go of expectations that addressing mistakes once "should be enough"

Share how you feel about what has happened

This is the part where "I'm sorry" can apply. If you are someone that is prone to overusing the phrase "I'm sorry," you might consider switching up the way you express this part.



I'm sorry

I feel guilty about that



I regret forgetting about it

I'm really disappointed in the decision I made

