

# Affirmations for Accountability

from *Creative Interventions*

## Step 1: I believe.

I will remind myself of the following messages. Thinking about these messages can bring me some sense of calm and peace – as I enter into a challenging situation.

- I am a good person.
- Like everyone, I am imperfect. I make mistakes.
- I am stronger when I acknowledge both my strengths and my imperfections to myself.
- I have the strength to listen to how I impact people (even when that impact is not what I intended) – without interrupting.
- I have the strength to open my mind to another person's way of thinking.
- My mistakes do not define me. They only have power if I refuse to acknowledge them.
- I know that (even when they are upset with me) others see some of my strengths and good intentions.
- I am strong enough to understand others even if they are different from myself and to receive understanding from others.
- I trust that I will be strong enough to let you tell your story and understand that that story is real to you.
- I trust that I will be strong enough to stay calm even if my own story is not accepted or is questioned.

**Question.** Which three of these statements resonate most with me? How do they help me be more calm and more open minded? Are there other words that work better for me and still are in line with these statements?

## Step 2: I can listen.

- I can listen with the intention to understand. If I find myself finding fault, wanting to defend myself or wanting to attack, I will remind myself to stop and listen.
- Even if I have heard all of the things said before, I will listen with a new openness and see if I hear anything different.
- I will relax and see what happens if I let what is being said enter into my own picture of what happened. This will not erase what I think or believe. It will add to it.
- After I listen, I can take time to reflect and think about what was said. I can ask for support to help me to do this. I can use these questions to help me:
  - How has my understanding of the \_\_\_\_\_'s experience of me changed my own story or feeling about what happened?
  - From what I have heard, what is it that has affected \_\_\_\_\_ the most?
  - What 1-2 things are most important to \_\_\_\_\_?
  - What struck me as most "real" in what \_\_\_\_\_ said?

### Step 3: Make true attempts at repair.

- I am strong enough to admit the harm I have caused to others.
- I am wise enough to see the impact of my harm, and understand who it hurt and how even if I did not intend it.
- I am honorable enough to apologize for everything I have done without making any excuses.
- I can offer my apology as a gift, expecting nothing in return.
- I understand that repairs will take my energy and efforts. Apologies are important and are the first step in making repairs.
- I will take time and get help from my allies if I need it to think of things I can do to offer repairs.
- I understand that my idea of repairs and the requests from \_\_\_\_\_ may be different. We will be able to find a solution.
- I understand that nothing I do can fully make up for the harm. Things were taken away that can not be given back.
- Taking the step to make repairs is an important step to healthy change.

**Question:** When being honest with myself, what are three things I can acknowledge about my role in this situation?

### Step 4: Change my attitudes and behaviors over time.

- I commit to deep changes in my attitudes and behaviors so that I will not repeat my harmful behaviors.
- I will stay connected to people, things, places and activities that support these changes.
- I commit to reflecting on my *attitudes* based on what I heard from \_\_\_\_\_ and seeing what attitudes I need to question and change.
- I commit to reflecting on my *behaviors and actions* based on what I heard from \_\_\_\_\_ and seeing what I need to question and change.
- If I am finding it difficult to change or have set-backs, I will do the following things:
- If I commit harm again, I will do the following things:
- If I commit harm again, I expect the following consequences:

**Question.** What are 2-3 things I do (currently or in the past) during stress or conflict that the \_\_\_\_\_ has found challenging (or that are challenging to the situation overall)?