Homework – Session 10

**Accountability Letter** **Use this page to organize your thoughts.**

The purpose of the accountability letter is to reflect on hurtful behaviour(s) you have used in your relationship. It is an opportunity to use empathy to better understand your partner’s experience. Sharing this letter is with your partner depends on your own sense of whether or not it would be appropriate.

The following are suggestions for your letter. You can use this sheet to organise your thoughts. **Remember to use I statements. This letter should be meaningful to your partner.**

1. Clearly identify the hurtful behaviour(s) that you have used in your relationship.

2. Talk about the effects (on partner, yourself, kids etc).

3. Describe what you have learnt about yourself.

4. Write what you are doing to be accountable

5. Talk about what you are actually doing to change.