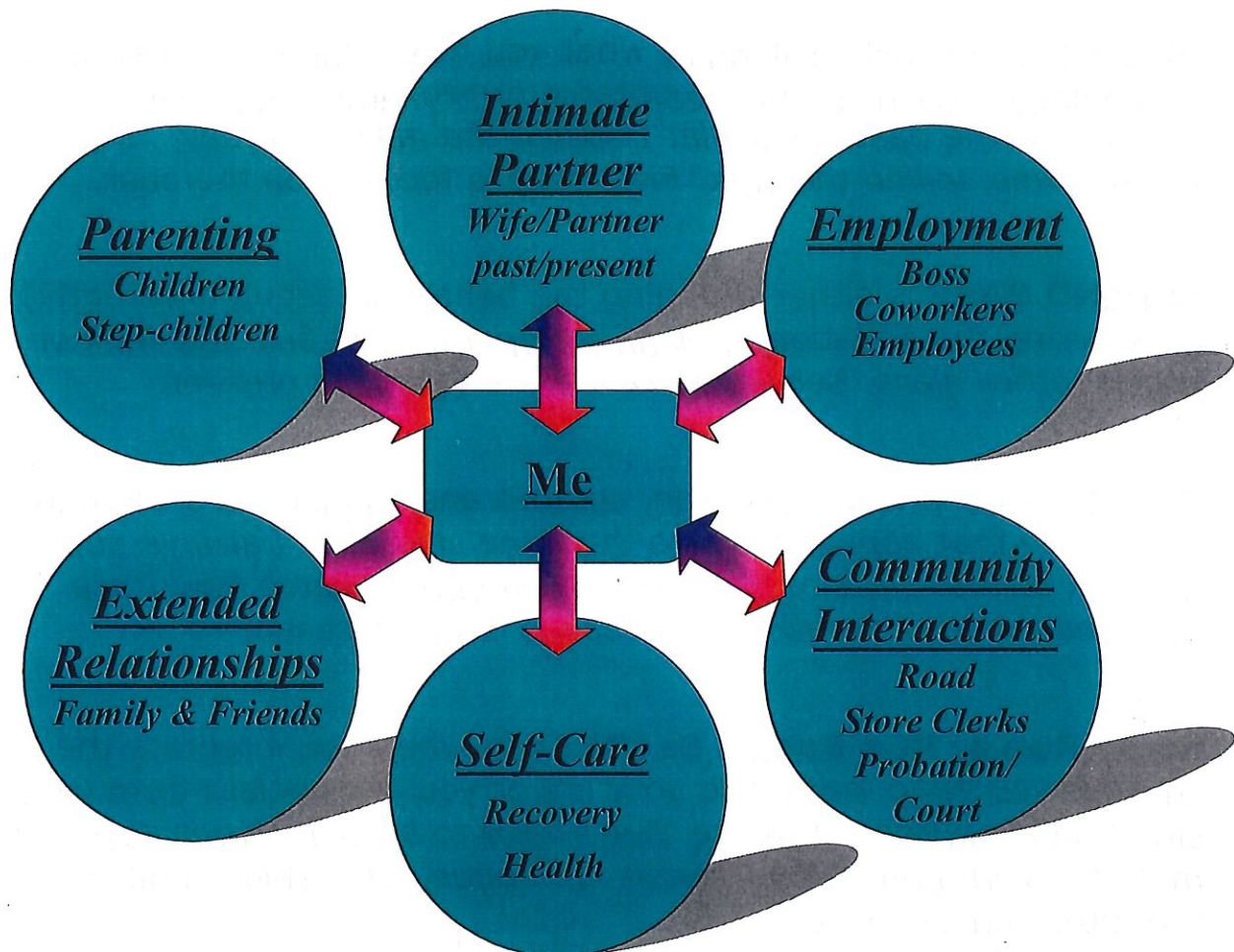


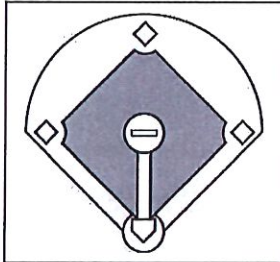
## Domains of Accountability

**Accountability:** *Actions toward or involving others that reflect the integrity of the person you want to be.*





# H.E.A.L.



## Bases of Accountability

Any action can be accountable or unaccountable. It must always be viewed in context. The bases of accountability is designed to help understand how to evaluate an action. It is not just what you do but how you do it.

**FIRST BASE** is acknowledging what you have done. This might be an apology after being unaccountable or remembering how you behaved in the past. *Example: I spilled the milk and I say, "I was the one who spilled the milk"* First base is focused on the past.

**SECOND BASE** is either changing the behavior (acting differently) or repairing the situation. *I clean up the milk and buy new milk or pour another glass.* Second base is focused on the present.

**THIRD BASE** is when you plan, commit and implement a change in your life that applies to more than one situation. *I always put the milk further back on the table or counter, I watch how I use my hands when I speak.* Third base is future focused.

**Home Run or Run Batted In (RBI):** is when you integrate the changes you have made into your life or you extrapolate from one situation to another. *I realize that I have to be careful not just with milk, but with pop, coffee, water, lemonade, etc"* This is building the future on the past.



**H.E.A.L.**



**Foul balls:** When an action starts out looking accountable, but in the end it is out of bounds (not accountable) *I drove Mary (my wife) to work, telling her the whole way that she was lucky I was driving her and she better not complain when I went out with my friends*

**Strike Outs:** this is when an action is unaccountable right from the start. *I yelled "find your own way to work, I'm too busy" at my wife, Mary.*

One action can be on different bases in different domains, it can even be accountable in one domain and unaccountable in another.

Accountability is not the same as a good deed although a good deed can be accountable if it is reflective of who the person wants to be.



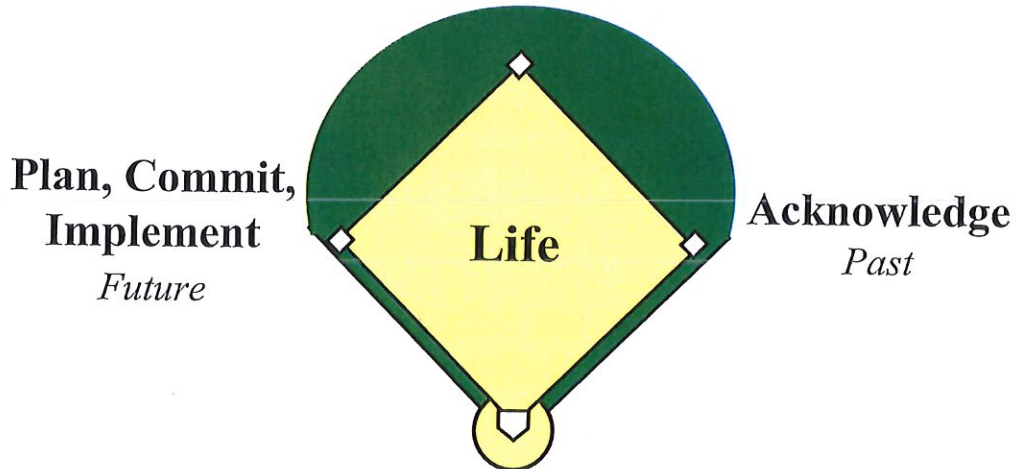
# H.E.A.L.



## Bases of Accountability

**Repair & Replace**

*Present*



**Integration & Extrapolation**

*Building a Future on the Past*

<b><u>Baseball</u></b>	<b><u>Accountability</u></b>
Score a run	Long term behavior change
To get to home plate you need to run all the bases.	To become accountable you must go through all the stages.
Getting on base is the first step	Acknowledgement is the first step
To advance on the bases you need help	To progress you need help
You need to hit whatever the pitcher throws	You need to deal with what life throws you