

PAR Program

Name:

Date

### **Practicing Honesty and Accountability**

I fully acknowledge that I abused or harmed my partner in the following ways:

Physically:

Emotionally:

Verbally:

These actions had the following effects on her:

How will you demonstrate that you take full responsibility for harmful behavior?  
Please list at least three actions:

What makes it difficult to be honest and accountable about your actions?

How can you overcome these challenges?