NEW DAY RECOVERY
Session 35 Handout

Accountability Agreement

From Session 35. Permission given in advance is the whole tool — your sober self signs it so your worst week cannot revoke it.

Name: _____ **Date:** _____

Three relationships carry a graduate. A mentor or sponsor: further along, carries experience and perspective. An accountability partner: nearer our level, in frequent contact. A friend: mutual, unburdened by monitoring duties, because not every relationship should be a checkpoint.

My three relationships	Name
Mentor or sponsor	
Accountability partner	
Friend	

The operating agreement

Contact schedule: _____

My five standard accountability questions:

_____

_____

_____

☐ Chain-spotting permission: “When you read my own chain to me, I will treat it as love, especially when I don’t want to.”

If contact lapses: second call within 24 hours; mentor notified at the second miss. No silent disappearances — in either direction.

Still securing relationships? Write the Ask Plan instead — names: _____ ask dates: _____ the exact sentence I will use: _____

Homework: make the ask(s) or hold the first scheduled accountability call before Phase 4 completion day. Bring confirmation — a name, a schedule — to Session 36’s plan review.