Session 35: Mentoring and Accountability After Graduation

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 7 — STAYING CONNECTED

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 35 handout (Accountability Agreement) — in the Handouts Packet.

What we're learning

Three relationships carry a graduate. A mentor or sponsor: further along, the person we ask about big decisions. An accountability partner: near our level, in frequent contact, armed with our warning-sign chain and the specific questions we give them. And an alumni or program contact who keeps the door open. Frequency beats intensity: a ten-minute call kept every week outweighs a rare long summit. Today we draft the agreement in writing — contacts, schedule, five questions, chain permission, and what happens after a slip. "After Graduation" means after Phase 5 completion, at Session 60 graduation: these relationships are set up now, in Phase 4, for life after Session 60.

- Permission given in advance is the whole tool In the chain, we will not grant permission — we will resent the question. Pre-granted permission, in writing, survives our worst week because it was our sober self who signed it.
- Frequency beats intensity A ten-minute Tuesday call kept for a year outweighs a monthly three-hour summit. First-90-days cadence is written into Appendix D with dates.
- Sharpening is mutual or it curdles One-way monitoring becomes surveillance or parenting. Both partners report; both can be read their chains; the humility is structural.
- Lapses trigger, not end Missed calls are chain data (Session 28 stage one behavior). The agreement names the response: second call within 24 hours, mentor notified at the second miss. No silent disappearances — in either direction.

Goals for this session

☐ I can distinguish the three relationships — mentor/sponsor, accountability partner, friend — and what each is for

☐ I can secure at least one named accountability partner and one mentor-figure (or a dated plan to secure them) before graduation

☐ I can agree the operating rules of my accountability relationship in writing: frequency, questions, chain-spotting permission

Check-in

Who in your life right now has actual permission to tell you a hard truth and be thanked for it? If the answer is nobody — what has that cost?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Which of the three relationships do you already have, honestly — and which seat is empty?

2. If your mentor seat is empty: who are the two candidates, and what is your dated ask plan? (Stalling language gets named kindly in this room.)

3. Write your five standard accountability questions — what must your partner always ask you?

4. What is your lapse protocol, in one sentence each for a missed call and a spotted chain sign?

Session 35 — Skill Practice

Agreement Drafting: participants who already have a partner (including pairs formed in this program, where appropriate and approved by the facilitator) draft the one-page Accountability Agreement in workbooks — contacts, schedule, five questions, chain permission, lapse protocol. Those still securing relationships draft the Ask Plan: names, ask dates, and the exact sentence they will use. Facilitator reviews every document for names and dates before closing; 'I'll find someone' is not a completed session objective.

My Accountability Agreement (or my Ask Plan, if I am still securing the relationships): names / contacts / call schedule / my five questions / chain permission / what happens after a slip.

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Make the ask(s) or hold the first scheduled accountability call before graduation day. Bring confirmation — a name, a schedule — to Session 36's plan review.

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.