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Catholic Social Services of Washtenaw County  
Alternatives to Domestic Aggression  
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## Accountability Group - Accountability Log

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Name: \_\_\_\_\_ Topic: \_\_\_\_\_  
\_\_\_\_\_

Date of behavior: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Due Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

1. Name three emotions **you** had during this situation.

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2. List three examples of positive self-talk **you** used during this situation.

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3. What were three of **your** intentions?

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4. Describe how **you** used the equality wheel.

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5. List three actions **you** used that helped make a safer environment (statements, gestures, voice, mannerisms, posture, expression, eye contact, etc.).

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6. How did **your** behavior affect you emotionally?

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7. Name three ways **your** behavior affected your partner in a positiveway.

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8. How did you reach out for support in **your** accountability thisweek?

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