**ACCOUNTABILITY**

Accountability involves empathy, responsibility, humility, and growth. Accountability is not comfortable, especially when it is done on a public platform or within a community. Calling somebody out who has done something objectively wrong as a way to hold them to higher standards in the hope that they fix their mistakes and grow in the future can be messy and can be taken as a personal attack. It can also be vulnerable for the individual who is asking for accountability. It is hard to hold others, and yourself, responsible. It takes work, courage, humiliation, emotional intelligence, insightfulness, and empathy.

The emotionally intelligent are highly conscious of their own emotional states, even negative ones—from frustration or sadness to something more subtle. They are able to identify and understand what they are feeling, and being able to name an emotion helps manage that emotion. Because of this, the emotionally intelligent have high self-confidence and are realistic about them.

Today, we are talking about personal accountability. There is immense strength in stepping out on a limb to permit vulnerability. Admitting to imperfection is the first step in opening horizons and learning new ways of restoration. Although it comes with colossal risk, accountability is a passage to recovery.

Accountability is not a dirty word. It paves the way to learn new skills and build deeper connections with others. By admitting to our own faults and mistakes, we jettison the victim role and take back the power to change.

Here are some of my favorite boxes to check in our Recovery Audit….

1.Always be ethical

2.Do what you promise

3.Take responsibility for actions

4.Be honest and transparent

4.Proactively solve problems

5.Review and evaluate to improve

6.Don't blame or make excuses

7.Show humility and apologize