

Freedom From Addiction Guidelines In Choosing an Accountability Partner

****These guidelines are suggestions for helping you in selecting a partner to accompany you and hold you accountable along your journey to freedom. As a Christian ministry, Family Health & Education Resources encourages incorporating the biblical principles being shared throughout the program when selecting someone to serve as a friend, confidant, support, and someone who will hold you accountable to the process of realizing freedom from addictions.****

Characteristics for an Accountability Partner

- ✳ Understands the struggles associated with addictive, compulsive, or obsessive behaviors
- ✳ If a former addict living in freedom, at least two years clean/sober
- ✳ Demonstrates a mature faith in God and the principles of the Bible
- ✳ Trustworthiness in holding sensitive information in confidence
- ✳ Willingness to be supportive and encouragement without seeking to force change
- ✳ Patient listener and honest in respectful feedback
- ✳ Ability to confront difficult issues with appropriate sensitivity and loving firmness in asking for accountability in keeping stated commitments
- ✳ Shares common interests and/experiences
- ✳ Has time availability and able to set aside scheduled time each day to discussion and prayer
- ✳ Is the same sex
- ✳ Someone you respect/admire

Biblical principles to keep in mind as they relate to the concept of an accountability partner:

- ✳ Partners help one another in specific areas of need with prayer and by sharing inspirational verses or quotes each time they meet (either in person or on the phone). Openly and honestly sharing personal thoughts, feelings, experiences encourages freedom and healing from past and current hurts and disappointments in ways that tend toward faith and strength rather than a continuance in the cycle of self-loathing and advice behaviors. “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much” (James 5:16).
- ✳ Partners encourage one another in applying biblical principles that tend toward physical, mental, emotional, and spiritual wellness. They aid one another in applying those principles to experiences of one another. “And let us consider one another to provoke unto love and to good works” (Hebrews 10:24).