

## Accountability Contract

My bottom line (inner circle) behaviors related to my escape cycle include:

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My bottom line (inner circle) behaviors related to my trauma cycle include:

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How relapses into escape behavior will be communicated:

**Timing** (such as within 24 hours or before sex, whichever happens first)

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**Modality** (such as in person, via phone call, via text)

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**Scheduling** (such as not during workday, after kids are in bed)

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**Details** (such as behavior, time spent, money spent, individuals involved)

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Recovery steps I will take in response to relapses into my behaviors (both escape and trauma-based) (i.e. complete a contributing factors worksheet, complete an amends worksheet, discuss with therapist, discuss with group and/or sponsor) –

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Who will I contact for support?

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