

SheRecovery Accountability Partner Discussion Guide

Recovery was never meant to happen alone. Accountability is a relationship built on honesty, trust, responsibility, and connection. It provides a safe space to share struggles, celebrate growth, challenge unhealthy patterns, and practice being fully known without shame. The goal is not perfection or behavior management. The goal is healing. Accountability works best when both women actively participate, communicate openly, and take ownership of their own recovery.

Before Your Conversation

How would you describe your recovery this week?

- Thriving
- Stable
- Struggling
- In Crisis

What emotions have been most present for you this week?

What situations, thoughts, relationships, or circumstances have been difficult to navigate?

Have you experienced any slips, relapses, or concerning behaviors since your last check-in?

What victories, growth, or positive changes have you noticed?

SCARS Recovery Check-In

Surrender:

Where have you been trying to control outcomes, emotions, or circumstances instead of surrendering them to God?

Confession:

What truth do you need to share today that you may be tempted to hide?

Accountability:

Have you been honest, reachable, and engaged in your recovery process this week?

Responsibility:

What choices, actions, or patterns do you need to own without blaming circumstances or other people?

Sharing:

How have you allowed yourself to be known this week instead of isolating?

Connection Questions

Have you attended meetings consistently? Why or why not?

How connected do you currently feel to recovery community?

What support do you need that you have not asked for?

What expectations do you have of me as your accountability partner?

Have you clearly communicated those expectations?

Growth Questions

What is one area where God is inviting you to grow right now?

What unhealthy pattern keeps showing up in your life?

What is one practical step you will take before our next conversation?

Prayer Requests

How can I specifically pray for you this week?

Commitments for the Next Week

1. _____

2. _____

3. _____

Partner Reminder

An accountability partner is not your therapist, sponsor, coach, or savior.

Your role is to tell the truth, ask thoughtful questions, encourage growth, celebrate progress, challenge excuses, pray for one another, and point each other back toward God and recovery.

Recovery thrives in honesty, responsibility, and connection. Isolation fuels struggle. Consistent engagement fuels healing.