

# ACCOUNTABILITY PARTNER CHECKLIST

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## GO THROUGH THE REPORT

Ask the person you hold accountable, “What are the red flags I need to be looking for?”  
Be on the lookout for highly rated websites, mature searches, questionable web addresses, questionable days and times of day online, or questionable apps.

Are there any highly rated websites?                      YES                       NO

Are there any questionable web searches listed?                      YES                       NO

Are there any questionable web addresses?                      YES                       NO

What apps are being used?

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What times of day is the Internet used the most?

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Do you notice any patterns from previous reports?

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## GET THE DETAILS

If you do have questions about what you see on the Report, talk to the person you hold accountable.

Call up your friend and mention the day(s) and time(s) the questionable activity happened. Ask him or her to give you more information. Exactly what happened?

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Don't just ask yes or no questions. If he or she admits to inappropriate browsing, ask about the circumstances. What led to the temptation?

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## GIVE ENCOURAGEMENT

If everything looks good on the Report, send a quick e-mail to the person you hold accountable and tell them everything looks great.

## IF YOU NOTICE REPEATED PROBLEMS, HERE ARE 8 STEPS TO FOLLOW

- 1. SET ASIDE TIME TO TALK.**
  - Plan a time to talk face-to-face or over the phone.
- 2. LISTEN FIRST.**
  - Let your friend talk about what he or she did, why, and how your friend feels about it?
- 3. ASK YOUR FRIEND HOW YOU CAN CHALLENGE THEM**
  - Ask your friend, “When these things happen, what is the best way for me to encourage you?”
- 4. PRAISE THE SMALL STEPS.**
  - Look for small changes over time and point out that you notice them.
- 5. PLAN PREVENTATIVE STEPS.**
  - Look for patterns in your friend’s life that seem to lead to inappropriate Internet use. Brainstorm practical ways your friend can put a wall between himself/herself and the temptation.
- 6. TAP THE POWER OF POSITIVE MOTIVATIONS.**
  - Ask your friend, “What do you have to gain in life by avoiding these temptations? Instead of giving into this temptation, what kind of person do you want to become?”
- 7. TAP THE POWER OF NEGATIVE MOTIVATIONS.**
  - Ask your friend, “If you continue doing this over and over, what do you stand to lose in your life?”
- 8. RECOGNIZE WHEN OTHERS ARE NEEDED.**
  - Sometimes others need to be brought into the accountability relationship: a spouse, parent, mentor, counselor, or spiritual leader. Recognize when you need help or when others need to know.