

Firefly & Phoenix

in partnership with

Water & Stone

A Creative Arts Therapy PLLC



Accountability Partner(s)

Find someone who can support you or is on a similar path. Connect around what your goals are and what you would like to focus on. You may even want to speak about what it looks like when you feel supported by others.

20 min phone or video call between group meetings

During your call/zoom:

Conversation focused on one person then the other (8-10min each):

- Share how you are doing (partner - Can you understand/validate what the other person is sharing?)
- Are you meeting your goals?
    - Yes? Then, what is working for you and helping?
    - No? Why might it not be happening? What to try?
- How are you feeling about what is coming up for you during this program?
- Is there something (simple) your accountability partner can do to support you?
- Do you want to reach out via email to Emery for support or with a question?

Together (3-5 min)

- Is there anything you want to make sure to bring up at the next meeting?
- Any questions you want to ask in the group?