

The following self reflection questions are designed to help you think intentionally about who and how you will be in supportive community during your MPD summer.

1. Where and what Church are you going to attend this summer? How will you get involved and be in community there?
2. Who are your Covenant Eyes accountability partners? How will you relate with them? How do you want them to relate to you? <http://www.covenanteyes.com/?s=accountability>
3. Who are your accountability relationships? In what way and how often will you connect with them? What questions will you have them ask you (see below questions as examples) and what will you be committed to share, perhaps even before you are asked?
4. How will you move towards and implement [Cardiologist Accountability](#)? How and with whom will you become more accessible (read “Cardiologist Accountability” for context)

Some sample accountability questions you can use (from question 3):

Taken from “Sexual Wholeness Action Group” material by Cody Buriff

Symptomatic Questions

- Tell me about your failures and victories this week. Be specific please.
- Has anything kept you from being totally honest with me today?

Diagnostic Questions

- What was the catalyst event for any relapses or battles this week?
- What were the emotions you were feeling, or lies you were agreeing with?

Healing Questions

- In regard to those lies, what does God say is true of you in His Word?
- In what areas/ways is it difficult for you to believe these truths? What keeps you from fully embracing this?

Looking Ahead

- What challenges will you face this coming week?
- How can you be proactive to deal with these potential triggers?
- How can we encourage you this week?