

# Reflection—Accountability in Relationships

Reflection isn't just about thinking—it's about **transforming**.

Taking time to engage your heart and mind after reading deep truths allows them to sink in, reshape old patterns, and create space for real healing.

Use the prompts below as a starting point to journal your thoughts, prayers, or realizations. You might even begin building a **recovery and healing journal**—a sacred place where accountability, honesty, and growth can take root and bear fruit over time.

- 1. In what areas of my life have I confused avoidance with peace?**
- 2. When have I needed someone to be accountable to me—and how did it impact my trust?**
- 3. What does true relational peace look like in my life right now?**
- 4. What step of accountability is the Holy Spirit inviting me to take today?**