

# Self-Accountability

A TRANSFORMATIVE JUSTICE MINI-JOURNAL

Let's envision taking accountability as a generative,  
liberatory and life-affirming practice.

Created by Daria at Accountability Mapping

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Date:

# Day #1

WHAT IS ACCOUNTABILITY?

How do you define accountability in your own words?

What are your self-accountability goals?  
Let's get specific - For the next week? Month? Year?

My favorite definition comes from Danica Bornstein:

*"Being responsible to yourself and those around you for your choices and the consequences of those choices."*

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# Day #2

WHY BE ACCOUNTABLE?

Why do you want to be accountable? For the sake of what?

What will self-accountability make possible in your life?  
The lives of people you're close to? Your larger community?

I believe self-accountability builds collective safety and trust, and helps us create alternatives to punishment, policing and the Prison Industrial Complex.

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# Day #3

## CENTERED ACCOUNTABILITY

Remember a time when you showed up as your highest self and did accountability well. Take yourself there. What do you feel in your body as you remember?

Where in your life do you need to take more accountability?  
Where in your life are you over-accountable?

Over-accountability can look like appeasing, taking accountability for everything but our part, for what's not ours, on auto-pilot without taking time to understand, and with big dramatic responses that re-center our own feelings.

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# Day #4

WHAT WANTS TO TRANSFORM?

What harmful patterns want to transform in you?  
What will you no longer carry into the future?



What underlying needs are these patterns are taking care of? How else can you take care of these needs?

My defensiveness wants to transform. Defensiveness is trying to take care of my safety, and I can take care of my safety in other ways – like boundaries and direct requests.

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# Day #5

WHAT'S IN THE WAY?

What obstacles stand between you and your transformation?  
What skills do you need to remove these obstacles?

How will you begin building these skills?  
Who can be an ally in the learning process?

If you're stuck, check out the resources section!

When I feel defensive I will pause, breathe and tell myself  
*"I am already safe. There's no attack, no need to defend."*

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# Day #6

## ACCOUNTABILITY COMMITMENT

Revisit days 1 and 2, and use your reflections to complete this statement - *I am a commitment to ...*

Keep iterating until you arrive at a phrase that feels meaningful and compelling.

Take a deep breath. Speak your commitment aloud. Let it resonate in you. What do you feel in your body?

Make this a daily grounding practice! Use your commitment to anchor you in the heat of the moment.

This practice is adapted from Generative Somatics.

*"I am a commitment to ending cycles of violence."*

I've been working with this commitment for 10+ years.

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# Day #7

ACCOUNTABILITY IS A PRACTICE

What daily practices will take you toward your commitment?

Shannon Perez-Darby offers us a daily reflection practice:

*Was anything I did today outside of my values?*

*If so, what was going on for me at the time?*

*And what do I need to do about it now?*

Try it for today.

I think of accountability as an ongoing process,  
rather than a single point destination.

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# Day #8

## GUIDING VISION

How will you know you're on the right track to your commitment? What green flags can you look for?



When you begin to embody your commitment, what new actions will you be taking? What new emotions will you be feeling? What will people notice and reflect about you?

I'm on the right track when my friends feel comfortable challenging me, and regularly offer me feedback and constructive criticism.

# Where next?

## LEARNING RESOURCES

If you enjoyed this journal, check out my course on

### **CENTERED ACCOUNTABILITY**

It's sliding scale and completely **FREE** for QTBIPOC

---> [accountabilitymapping.thinkific.com](https://accountabilitymapping.thinkific.com)

For more on self-accountability --->

**Shannon Perez-Darby** ([shannonperezdarby.com](https://shannonperezdarby.com))

For more on Transformative Justice --->

**Mia Mingus** ([leavingevidence.wordpress.com](https://leavingevidence.wordpress.com)) and  
the **Beyond Survival** anthology

For politicized somatics --->

**Generative Somatics** ([generativesomatics.com](https://generativesomatics.com))  
**Embodiment Institute** ([theembodimentinstitute.org](https://theembodimentinstitute.org))

I created this journal on **Ohlone** Land.

Find **my work** at

---> [accountabilitymapping.com](http://accountabilitymapping.com)

---> ig [@accountabilitymapping](https://www.instagram.com/accountabilitymapping)

Accountability Mapping came to me **in a dream**.

**Support me** by sharing this project with your communities.