

How Accountable Are They?

Their name: _____ Your Name: _____ (optional)

Consider each of the questions in the self-test below and decide if you (5) Strongly Agree, (4) Agree, (3) Somewhat Agree, (2) Disagree, or (1) Strongly Disagree with the statements made about the level of accountability you see in another person.

	Strongly Agree				Strongly Disagree
1. When they make commitments, promises, or agreements, they keep them.	5	4	3	2	1
2. They don't avoid making commitments.	5	4	3	2	1
3. This is a person who can be counted on - to do what they say they will do.	5	4	3	2	1
4. This person doesn't blame others or make excuses.	5	4	3	2	1
5. If this person has to change a deadline or agreement, they have a good recovery plan that solidifies the trust in our relationship.	5	4	3	2	1
6. This person takes ownership for their mistakes and takes responsibility to do something about it.	5	4	3	2	1
7. This person respects themselves.	5	4	3	2	1
8. This person can say no respectfully and we can reach solutions together.	5	4	3	2	1
9. They enjoy keeping promises; it isn't a burden to them.	5	4	3	2	1
10. This person can be trusted.	5	4	3	2	1
11. They don't casually promise to things they don't intend to do. (e.g. "I'll call you tomorrow.")	5	4	3	2	1
12. They are clear about the deadlines that come with the agreements they make (e.g. "I'll get this back to you by next Friday. Does that work for you?")	5	4	3	2	1
13. It is enjoyable being around this person; they take pride in their work.	5	4	3	2	1
14. This person is a stable person who is not "moody."	5	4	3	2	1
15. We manage the expectations of each other in our relationship well.	5	4	3	2	1
16. They are clear with me about what they expect from me.	5	4	3	2	1
17. They don't make vague promises (e.g. "Let's get together sometime soon.")	5	4	3	2	1
18. This person is not interested in gossiping about others; they are loyal to others in their absence.	5	4	3	2	1
19. This person rarely complains about anything or anybody.	5	4	3	2	1
20. They appear confident and have high self-regard.	5	4	3	2	1

How Accountable Are They? *..continued*

In the area of Accountability – The Ability To Be Counted On – what would you like them to:

Start Doing?

Stop Doing?

Continue Doing?