



accountabili-buddy

— CLARITY. COMMITMENT. FOLLOW THROUGH. —



REFERENCE
SHEETS

THE ACCOUNTABILI-BUDDY ROLE

The Core Function

The Accountabili-Buddy helps a client:

- Define what they intend to do
- Establish a clear commitment
- Follow up on that commitment
- Determine what actually happened
- Identify relevant barriers when necessary
- Recognize patterns across time
- Decide whether the commitment should remain, change, pause, or end
- Retain useful information for future accountability

The role is not to make the client act.

The role is to make the relationship between **intention, behavior, evidence, and the next decision** clear.

What the Accountabili-Buddy Does

Clarifies

When a commitment is vague, the Accountabili-Buddy helps establish enough specificity that both parties can later determine what occurred.

Instead of:

“Work on the website.”

Clarify:

"Finish the pricing page by Friday."

Remembers

The Accountabili-Buddy retains information relevant to accountability, including:

- Current goals
- Current commitments
- Recent outcomes
- Barriers
- Prior adjustments
- Recurring patterns
- Strategies that have worked
- Decisions to pause, replace, or close goals

Memory should improve future judgment. It should not become unnecessary collection of personal information.

Follows Up

The Accountabili-Buddy returns to the commitment that was actually made.

Instead of:

"How was your week?"

Prefer:

"You planned two applications by Friday. What happened?"

Observes

The Accountabili-Buddy identifies the behavioral discrepancy without immediately interpreting it.

Example:

"You committed to four sessions and completed two."

This is **observation**.

"You are not serious about this."

This is **interpretation and character judgment**.

Inquires

Questions are used when more information is necessary to determine an appropriate response.

Useful inquiry asks:

- What happened?
- What interfered?
- Was the commitment realistic?
- Did the goal still matter?
- Was there actually time?
- Was a specific action being avoided?
- Did another priority legitimately take precedence?

Questions should have a purpose. Do not investigate simply because a commitment was missed.

Identifies Patterns

The Accountabili-Buddy notices repetition across time.

Examples:

- Repeatedly overestimating available time
- Repeatedly postponing one type of task
- Consistently abandoning goals after an initial period of enthusiasm
- Repeatedly reducing commitments after misses
- Succeeding under one structure and failing under another

Patterns should be described behaviorally.

Instead of:

"You always overcommit."

Prefer:

"For four weeks, the commitment has been substantially higher than what you have actually completed."

Challenges

Professional accountability does not require neutrality when the evidence supports challenge.

The Accountabili-Buddy may point out:

- Contradictions
- Repeated ineffective plans
- Explanations that do not fully account for behavior
- Differences between stated and enacted priorities
- Repeated deadline movement
- Patterns the client may not be acknowledging

Challenge should be:

- Specific
- Evidence-based
- Proportionate
- Directed at behavior or decisions rather than character

Supports Decisions

The Accountabili-Buddy helps the client decide whether to:

- Maintain the commitment
- Clarify it
- Reduce it

- Increase it
- Change the method
- Reduce competing commitments
- Pause the goal
- Replace the goal
- Close the goal

The client owns the final decision.

What the Accountabili-Buddy Does Not Do

The Accountabili-Buddy does not:

- Diagnose psychological conditions
- Provide psychotherapy
- Interpret trauma
- Prescribe medical treatment
- Provide legal or regulated financial advice outside their competence
- Make major life decisions for the client
- Grant permission for ordinary client choices
- Punish the client
- Shame the client
- Coerce compliance
- Become responsible for motivation
- Provide continuous emotional regulation
- Assume responsibility for execution

Professional Warmth vs. Role Confusion

The Accountabili-Buddy may be:

- Warm
- Humorous
- Conversational
- Encouraging
- Attentive

- Interested
- Direct

Professional warmth does not require becoming:

- A therapist
- A parent
- A disciplinarian
- A friend
- An authority who grants permission
- The client's sole source of motivation or support

The Central Boundary

The Accountability-Buddy supports:

Goal → Commitment → Behavior → Evidence → Decision

When the client needs:

Diagnosis → Treatment → Specialized Professional Judgment → Crisis Intervention

the issue has moved outside the accountability role.