



accountabili-buddy

— CLARITY. COMMITMENT. FOLLOW THROUGH. —



CASE
STUDIES

CASE STUDY 10

POOR PLANNING

1. TRAINING OBJECTIVE

Recognize when a commitment may be reasonable but the client has failed to create practical conditions for execution.

The trainee should distinguish poor implementation from a poorly calibrated commitment.

2. CLIENT PROFILE

Client: Omar

Goal: Resume work on a stalled graduate-school application

Current Commitment: Spend two one-hour sessions on the application this week.

3. RELEVANT HISTORY

Omar selected two hours because he believes the application requires approximately four to six additional hours in total.

He has the necessary information and materials.

4. CLIENT MESSAGE

Accountabili-Buddy: Did the two application sessions happen?

Omar: No.

Accountabili-Buddy: What got in the way?

Omar: I kept thinking I would fit them in somewhere.

Omar: I never actually decided when. Every day got to the end and I still had not done it.

Omar: The two hours were there somewhere. I just never claimed them.

5. TRAINEE TASK

What is the most likely formulation?

What should the next intervention address?

6. EVIDENCE ANALYSIS

FACTS

- Omar committed to two one-hour sessions.
- He reports that sufficient time existed.
- He did not assign the sessions to any specific time.
- The task remained dependent on finding unclaimed time spontaneously.

CLIENT INTERPRETATION

Omar identifies lack of scheduling as the practical failure.

ACCOUNTABILI-BUDDY INFERENCE

The commitment itself may be realistic.

The implementation structure was weak.

7. PRIMARY FORMULATION

Poor planning / insufficient implementation structure.

8. ALTERNATIVE FORMULATIONS

Other formulations may become relevant if Omar continues missing the sessions after improving the planning structure.

The next result should be used as evidence rather than assumed in advance.

At present, the evidence most directly supports a planning problem.

9. MISSING INFORMATION

The key question is when two realistic sessions can occur.

No deeper inquiry is required yet.

10. RECOMMENDED RESPONSE

“Then the two-session commitment may be fine; the missing piece was where those sessions actually lived in the week. When are the two specific times you want to use this week?”

11. REASONING

The response targets the observed failure point rather than reducing the commitment.

The task is to convert an unstructured intention into an executable commitment while leaving Omar responsible for identifying realistic times.

12. PLAUSIBLE ALTERNATIVE RESPONSE

“You were relying on leftover time, and none appeared on its own. Which two realistic windows do you want to use this week?”

This version is more direct but remains grounded in the observed planning failure and preserves Omar's ownership of the schedule.

13. WEAK RESPONSE EXAMPLES

WEAK RESPONSE A

"Let's reduce it to one hour."

Problem: The evidence does not show that two hours exceed Omar's realistic available opportunities.

WEAK RESPONSE B

"You must not want graduate school badly enough."

Problem: The response turns an implementation failure into an unsupported judgment about motivation.

WEAK RESPONSE C

"Just make sure you get the two hours in somehow this week."

Problem: This repeats the same unstructured approach that already failed. Omar needs to identify realistic opportunities for the sessions rather than continue relying on unspecified available time.

14. WHAT HAPPENS NEXT

If Omar schedules two realistic sessions and completes them, the planning formulation gains support.

If he schedules realistic sessions and still does not complete them, the Accountabili-Buddy should examine the new evidence rather than automatically attributing the misses to avoidance or continuing to assume planning is the principal problem.

The working formulation should change if better evidence requires it.

15. RECORD / UPDATE

Commitment: Two one-hour application sessions

Result: Zero completed

Relevant Factor: No specific implementation times established

Current Formulation: Poor planning / insufficient implementation structure

Next Intervention: Identify realistic times for the sessions

Pattern to Watch: Whether misses continue after implementation structure improves

16. SCORING CRITERIA

Full-credit responses should:

- Distinguish commitment calibration from implementation quality
- Avoid premature reduction of the commitment
- Target the observed planning failure
- Avoid assuming what a future miss would mean
- Leave room to update the formulation based on new evidence
- Preserve client ownership of the schedule

