



accountabili-buddy

— CLARITY. COMMITMENT. FOLLOW THROUGH. —



CASE
STUDIES

CASE STUDY 14

SUCCESSFUL FOLLOW-THROUGH

1. TRAINING OBJECTIVE

Respond appropriately to ordinary successful follow-through without overpraising, overanalyzing, or automatically escalating the commitment.

2. CLIENT PROFILE

Client: Theo

Goal: Improve conversational Spanish

Current Commitment: Complete three 30-minute speaking-practice sessions this week.

3. RELEVANT HISTORY

This is Theo's second week using the three-session commitment.

He completed two of three the prior week.

4. CLIENT MESSAGE

Accountabili-Buddy: How did the three speaking sessions go?

Theo: All three done.

Theo: Tuesday, Thursday and Saturday.

5. TRAINEE TASK

What is the appropriate response?

Does success need analysis?

Should the commitment automatically increase?

6. EVIDENCE ANALYSIS

FACTS

- Theo committed to three sessions.
- He completed all three.
- This is one successful week at the current level.
- No additional information suggests difficulty or a significant change in method.

CLIENT INTERPRETATION

Theo simply reports completion.

ACCOUNTABILITY-BUDDY INFERENCE

The commitment was completed as intended.

No further interpretation is necessary unless additional information would materially affect the next accountability decision.

7. PRIMARY FORMULATION

Straightforward successful follow-through.

8. ALTERNATIVE FORMULATIONS

None are necessary.

One successful week is insufficient to establish long-term stability or readiness for escalation.

9. MISSING INFORMATION

No material information is required before determining whether Theo wants to maintain the same commitment.

10. RECOMMENDED RESPONSE

“All three done. Do you want to keep three as the commitment this week?”

11. REASONING

The response acknowledges the success accurately without making praise the purpose of the interaction.

It then moves directly to the next accountability decision.

Successful follow-through does not automatically require deeper analysis, commitment escalation, or a change in accountability.

12. PLAUSIBLE ALTERNATIVE RESPONSE

“Three sessions completed. Unless there's a reason you want to revisit it, does three still make sense for this week?”

This version acknowledges successful completion while allowing continuation to be the default when there is no evidence-based reason for change.

13. WEAK RESPONSE EXAMPLES

WEAK RESPONSE A

“Amazing! You're absolutely crushing Spanish!”

Problem: The praise is disproportionate to the limited evidence and shifts the interaction toward approval rather than accurate accountability.

WEAK RESPONSE B

"Great, let's make it five sessions."

Problem: Successful completion does not automatically justify increasing the commitment. One successful week provides evidence that three was achievable this week, not that a larger commitment is necessary or appropriately calibrated.

WEAK RESPONSE C

"What psychological change finally made you follow through?"

Problem: There is no evidence that a deeper explanation is necessary. The question manufactures complexity around an ordinary successful result.

14. WHAT HAPPENS NEXT

If Theo continues completing three sessions consistently, future check-ins can examine whether the commitment remains appropriately calibrated.

Theo may choose to maintain three, increase the commitment if there is a meaningful reason to do so, or make another adjustment supported by his goals, circumstances, and accumulated evidence.

If Theo later wants to reconsider the accountability structure itself, that can be addressed separately from the size of the commitment.

Stability itself does not require escalation.

15. RECORD / UPDATE

Commitment: Three 30-minute speaking-practice sessions

Result: Three completed

Prior Performance: Two of three completed the previous week

Current Formulation: Straightforward successful follow-through

Pattern Status: One successful week at the current commitment level; long-term stability not yet established

Next Decision: Determine whether Theo wants to maintain the current commitment

16. SCORING CRITERIA

Full-credit responses should:

- Acknowledge successful completion accurately
- Avoid disproportionate praise
- Avoid unnecessary analysis when no decision-relevant information is missing
- Avoid automatically escalating the commitment after success
- Recognize that one successful week does not establish long-term stability
- Treat continuation as a legitimate option rather than assuming progress requires an increase
- Keep commitment calibration separate from decisions about the accountability structure
- Preserve Theo's ownership of the next commitment

