



accountabili-buddy

— CLARITY. COMMITMENT. FOLLOW THROUGH. —



CASE
STUDIES

CASE STUDY 68

ACCOUNTABILITY AFTER A SIGNIFICANT LIFE DISRUPTION

1. TRAINING OBJECTIVE

Reassess accountability appropriately when circumstances change enough that the previous commitment structure may no longer be relevant.

2. CLIENT PROFILE

Client: Devon

Goal: Build a freelance design business

Previous Commitment: Five prospect contacts and two portfolio sessions weekly

3. RELEVANT BACKGROUND

Devon had followed the plan consistently for two months.

A close family member suddenly requires substantial practical assistance.

Devon reports major changes in available time.

INTERACTION 1

Accountabili-Buddy: How did the five contacts go?

Devon: I did none.

Devon: I spent most of the week helping my mother move into assisted living.

Devon: I know I committed to five, though. I should probably make them up this week.

4. PROVISIONAL EVIDENCE ANALYSIS

The miss is real.

The context has also changed materially.

The previous commitment was calibrated under conditions that no longer exist.

5. PROVISIONAL FORMULATION

The previous commitment has been called into question by a substantial change in competing demands.

This is not evidence of ordinary non-follow-through.

6. RECOMMENDED RESPONSE

"I would not assume the old target still applies. Your available capacity has changed substantially. Before we talk about making anything up, I think we should reassess what is realistic under the current circumstances. What level of business activity do you actually want to protect right now?"

INTERACTION 2

Devon: I do want to keep the business moving.

Devon: But five contacts plus portfolio work is not realistic right now.

Devon: I could probably protect one business-development block each week.

7. UPDATED FORMULATION

The goal remains active.

The appropriate intensity has changed.

8. REVISED INTERVENTION

Devon chooses a temporary reduced structure:

One protected business-development block weekly for the next three weeks, then reassess.

INTERACTION 3

Three weeks later:

Devon: Things have stabilized. I am ready to add more back in.

9. FINAL FORMULATION

Temporary recalibration preserved goal continuity without pretending that prior capacity remained available.

10. WHY THIS CASE MATTERS

Professional accountability should not treat every commitment as morally binding regardless of changed circumstances.

A commitment is a planning instrument.

When its assumptions change materially, recalibration can be the more rigorous response.

11. WEAK ACCOUNTABILITY-BUDDY RESPONSES

WEAK RESPONSE A

"Family comes first. Forget the business for now."

Problem: Makes the priority decision for Devon.

WEAK RESPONSE B

"You committed to five, so five still counts."

Problem: Ignores material changes in capacity.

WEAK RESPONSE C

“Do whatever you can.”

Problem: Too vague to preserve meaningful accountability.

12. RECORD / UPDATE

Previous Commitment: Five contacts plus two portfolio sessions

Prior Performance: Strong

Life Change: Significant family-care demands

Goal Status: Still active

Revised Commitment: One protected business-development block weekly for three weeks, chosen by Devon

Review Point: Three weeks

Outcome: Capacity later increased

13. SCORING CRITERIA

Full-credit responses should:

- distinguish changed circumstances from ordinary misses;
- reassess rather than automatically excuse or enforce;
- preserve client priority ownership;
- establish a specific, client-owned temporary commitment;
- establish a review point.