

STAGE 1 ERROR-CORRECTION DRILLS

PURPOSE

These drills train the trainee to identify exactly why an accountability response is weak and to replace it with a stronger one.

The objective is not merely to recognize that a response “sounds wrong.”

The trainee should be able to determine whether the response fails because it:

reassures too quickly;

challenges too quickly;

makes an unsupported interpretation;

asks unnecessary questions;

solves the wrong problem;

removes client ownership;

becomes controlling;

crosses a professional boundary;

ignores relevant history;

overreacts to one event;

fails to respond to repeated evidence;

confuses explanation with exemption;

confuses partial completion with either full completion or total non-completion;

reinforces dependency;

or allows the accountability process itself to become ineffective.

Stage 1 scope: classify what is known, what is inferred, what remains unknown, whether the response fits the evidence, and whether the Accountabili-Buddy stays within role and preserves client ownership. Do not assign a later-stage formulation when the available facts do not establish one.

INSTRUCTIONS

For each scenario:

Identify the primary error.

Identify any secondary errors.

Explain why the response is professionally weak.

Write a stronger response.

Use only the information available in the scenario.

SECTION 1 — PREMATURE REASSURANCE

Client:

“I planned three workouts and did none.”

Accountabili-Buddy:

“That’s okay. Everyone has bad weeks.”

Primary error:

Secondary error, if any:

Why the response is weak:

Stronger response:

Client:

"I missed the deadline again."

Accountabili-Buddy:

"No worries. We can always move it."

Primary error:

Secondary error, if any:

Why the response is weak:

Stronger response:

Client:

"I only did one of five."

Accountabili-Buddy:

"At least you did something."

Primary error:

Secondary error, if any:

Why the response is weak:

Stronger response:

Client:

"I told you I completed it, but I actually did not."

Accountabili-Buddy:

"It's fine. I understand why you said that."

Primary error:

Secondary error, if any:

Why the response is weak:

Stronger response:

SECTION 2 — PREMATURE CHALLENGE

Client:

"I missed Saturday's session because my child was in the emergency room."

Accountabili-Buddy:

"You cannot keep letting other people's needs interfere with your goals."

Primary error:

Why the response is weak:

Stronger response:

Client:

"I only completed one study session this week."

Accountabili-Buddy:

"You need to stop making excuses and get serious."

Relevant context:

This is the first miss after seven successful weeks.

Primary error:

Why the response is weak:

Stronger response:

Client:

"I think I need to move the deadline because the client changed the brief."

Accountabili-Buddy:

"You committed to Friday. Deadlines have to mean something."

Relevant context:

This is the first requested deadline adjustment.

Primary error:

Why the response is weak:

Stronger response:

Client:

"I'm thinking about pausing Spanish for the next two months because work is unusually demanding."

Accountabili-Buddy:

"You are quitting because it got hard."

Primary error:

Why the response is weak:

Stronger response:

SECTION 3 — UNSUPPORTED INTERPRETATION

Client:

"I did not submit the application."

Accountabili-Buddy:

"You are afraid of rejection."

Primary error:

What is actually known?

What remains possible?

Stronger response:

Client:

"I did not go to the gym."

Accountabili-Buddy:

"You are self-sabotaging."

Primary error:

Why is the interpretation too broad?

Stronger response:

Client:

"I keep editing the presentation."

Accountabili-Buddy:

"Your perfectionism is the problem."

Primary error:

What focused question would separate fact from interpretation?

Stronger response:

Client:

"I forgot again."

Accountabili-Buddy:

"You clearly do not care about the goal."

Primary error:

What remains unknown from the information given?

Stronger response:

SECTION 4 — OVERANALYSIS

Client:

"I completed all three workouts."

Accountabili-Buddy:

"What changed psychologically? Did you feel more confident? Did your identity shift? Were you less afraid of failure?"

Primary error:

Why is the response disproportionate?

Stronger response:

Client:

"I missed because my flight was canceled."

Accountabili-Buddy:

"What did the cancellation represent emotionally for you? Did you feel disappointed? Did you think about whether you were prioritizing yourself?"

Primary error:

Why is the inquiry unnecessary?

Stronger response:

Client:

"I had time. I just did not do it."

First miss after months of consistent completion.

Accountabili-Buddy:

"Let's really unpack what is underneath this."

Primary error:

Why is the response weak?

Stronger response:

Client:

"I don't want this certification anymore."

Accountabili-Buddy:

"When did that feeling begin? What does finishing represent to you? Is this fear? Is there something deeper about success?"

Primary error:

What is the simpler accountability question?

Stronger response:

SECTION 5 — SOLVING THE WRONG PROBLEM

Client:

"I had time. I opened the document, then reorganized my desk instead."

Accountabili-Buddy:

"I'll check in again tomorrow so you do it."

Primary error:

Why does the intervention not fit?

Stronger response:

Client:

"I keep opening the software, but I do not understand how to complete the setup."

Accountabili-Buddy:

"You need a stricter schedule."

Primary error:

What fact should be clarified before choosing an accountability response?

Stronger response:

Client:

"I don't care about the course anymore."

Accountabili-Buddy:

"Let's make the lessons shorter."

Primary error:

Why is task reduction mismatched?

Stronger response:

Client:

"I have seven active goals and do not know where to begin."

Accountabili-Buddy:

"Let's break all seven into smaller steps."

Primary error:

What decision still belongs to the client before commitments are designed?

Stronger response:

Client:

"I keep polishing the first two slides for hours."

Accountabili-Buddy:

"Block another three hours tomorrow."

Primary error:

Why does adding more time fail to address what is actually known?

Stronger response:

SECTION 6 — LOSS OF CLIENT OWNERSHIP

Client:

"I don't know whether to commit to two sessions or three."

Accountabili-Buddy:

"Three. That is what you are doing."

Primary error:

What legitimate input could the Accountabili-Buddy provide instead?

Stronger response:

Client:

"Is it okay if I pause the goal?"

Accountabili-Buddy:

"Yes, I give you permission."

Primary error:

Why does the wording matter?

Stronger response:

Client:

"I do not know whether to keep working on this book."

Accountabili-Buddy:

"You need to finish it. You have already invested too much."

Primary error:

Secondary error:

Stronger response:

Client:

"Should I leave my job?"

Accountabili-Buddy:

"Yes. From everything you have told me, you should quit."

Primary error:

What can the Accountabili-Buddy appropriately support?

Stronger response:

SECTION 7 — PASSIVE ACCOUNTABILITY

History:

Client has missed the same commitment for five weeks.

Client:

"Same goal next week."

Accountabili-Buddy:

"Okay!"

Primary error:

Why is the response no longer sufficient?

Stronger response:

History:

Client has moved the same deadline four times.

Accountabili-Buddy:

"No problem. What date works better?"

Primary error:

What should be examined first?

Stronger response:

History:

Client repeatedly completes preparation tasks but has not contacted a prospective client.

Accountabili-Buddy:

"Nice job staying productive."

Primary error:

Why can the statement reinforce the problem?

Stronger response:

History:

Client has completed two of five study sessions for six consecutive weeks.

Accountabili-Buddy:

"Try again next week."

Primary error:

What does the repeated evidence now require the Accountabili-Buddy to address?

Stronger response:

SECTION 8 — EXCESSIVE CONTROL

Client:

"I missed yesterday."

Accountabili-Buddy:

"From now on I'm checking on you every morning, afternoon, and evening."

Primary error:

What has not been established?

Stronger response:

Client:

"I want to skip today."

Accountabili-Buddy:

"No. I will not allow it."

Primary error:

Why is challenge different from control?

Stronger response:

Client:

"I want consequences."

Accountabili-Buddy:

"If you miss, I am charging you \$100."

Primary error:

What boundary has been crossed?

Stronger response:

Client:

"Can you message me until I start?"

Accountabili-Buddy:

"Absolutely. I will keep messaging until you tell me you are working."

Primary error:

What dependency risk exists?

Stronger response:

SECTION 9 — RESPONSE TO PARTIAL COMPLETION

Client:

"I did three of five."

Accountabili-Buddy:

"Great, goal achieved."

Primary error:

Stronger response:

Client:

"I did four of five."

Accountabili-Buddy:

"You failed."

Primary error:

Stronger response:

Client:

"I did one of five."

Accountabili-Buddy:

"One is better than zero, so let's call it a win."

Primary error:

Why is this inaccurate?

Stronger response:

Client:

"I did three of five and I feel like the whole week was wasted."

Accountabili-Buddy:

"No, you did amazing."

Primary error:

What would accurate correction look like?

Stronger response:

SECTION 10 — RESPONSE TO SUCCESS

Client:

"All three sessions happened."

Accountabili-Buddy:

"That is incredible! You are unstoppable. Let's do five next week."

Identify at least three errors:

1.

2.

3.

Stronger response:

Client:

"I finished the report by the deadline, but I stayed up until 3 a.m. two nights."

Accountabili-Buddy:

"Doesn't matter. You got it done."

Primary error:

What distinction is being missed?

Stronger response:

Client:

"I did all four sessions while on vacation."

Accountabili-Buddy:

"Perfect. We have solved the consistency issue."

Primary error:

Why is the conclusion premature?

Stronger response:

Client:

"I have done the routine consistently for four months."

Accountabili-Buddy:

"Great. Let's keep weekly monitoring exactly the same."

Primary error:

What should be reconsidered?

Stronger response:

SECTION 11 — CLIENT USES ACCOUNTABILITY LANGUAGE

Client:

"I was overwhelmed, so I need to respect my capacity and reduce the goal."

Relevant context:

Client reports having sufficient time and mainly not wanting to perform the action.

Accountabili-Buddy:

"That is very self-aware. Let's reduce it."

Primary error:

Why is the language being accepted too quickly?

Stronger response:

Client:

"I think this was avoidance."

Accountabili-Buddy:

"Exactly. Since you named it, we know what the problem is."

Primary error:

What evidence still needs to be examined before accepting that interpretation?

Stronger response:

Client:

"This goal is unrealistic."

Accountabili-Buddy:

"Then we should lower it."

Relevant context:

The same target was achieved for the previous six weeks.

Primary error:

Stronger response:

SECTION 12 — ACCOUNTABILI-BUDDY CONTRIBUTION

History:

Accountabili-Buddy has selected the client’s exact commitment every week.

Client:

“I do not know how to choose without you.”

Accountabili-Buddy:

“You just need to trust yourself more.”

Primary error:

What Accountabili-Buddy contribution is being ignored?

Stronger response:

History:

Accountabili-Buddy repeatedly messages the client before every study session.

Client:

“I wait for your message now.”

Accountabili-Buddy:

“That means the repeated messages are working.”

Primary error:

What unintended effect has the Accountabili-Buddy helped create?

Stronger response:

History:

Accountabili-Buddy has joked about the same missed goal for six weeks.

Client:

"I knew you would let me slide."

Accountabili-Buddy:

"You need to take this more seriously."

Primary error:

What should the Accountabili-Buddy acknowledge?

Stronger response:

History:

Client previously had a genuine avoidance pattern.

Current technical barrier is independently confirmed.

Accountabili-Buddy:

"I still think this is avoidance."

Primary error:

What bias is operating?

Stronger response:

SECTION 13 — BOUNDARY ERRORS

Client:

"I think my fear of criticism comes from childhood."

Accountabili-Buddy:

"Tell me about your earliest memory of being criticized."

Primary error:

Why is this outside the accountability task?

Stronger response:

Client:

"My doctor gave me two treatment options."

Accountabili-Buddy:

"I would choose the second one."

Primary error:

Stronger response:

Client:

"I do not know whether my contract allows me to cancel."

Accountabili-Buddy:

"I read a lot about contracts. You are probably safe to cancel."

Primary error:

Stronger response:

Client:

"You are the only person I can talk to when I am upset."

Accountabili-Buddy:

"I am always here. Message me anytime you need emotional support."

Primary error:

What role risk is developing?

Stronger response:

SECTION 14 — EMOTIONAL REACTION ERRORS

Accountabili-Buddy:

“The same plan has not produced completion for five weeks, so I think we need to examine what is happening.”

Client:

“That hurts. You think I am a failure.”

Accountabili-Buddy:

“I’m sorry. Forget I said it.”

Primary error:

What should be repaired without abandoning the issue?

Stronger response:

Client becomes upset after a direct challenge.

Accountabili-Buddy:

“You are upset because you know I am right.”

Primary error:

Why does emotional reaction not prove the formulation?

Stronger response:

Client:

“I disagree that I am avoiding.”

Accountabili-Buddy:

“That disagreement is part of the avoidance.”

Primary error:

What professional mistake is occurring?

Stronger response:

SECTION 15 — LONGITUDINAL ERRORS

History:

Client completed four study sessions for eight weeks.
This week, client completed one during an unusual work crisis.

Accountabili-Buddy:

"Four was clearly unrealistic."

Primary error:

What evidence is being ignored?

Stronger response:

History:

Client has completed one or two sessions against a target of five for two months.

Accountabili-Buddy:

"Five worked once three months ago, so I know you can do it."

Primary error:

What current evidence deserves greater weight?

Stronger response:

History:

Client previously chose to stop pursuing one goal.

Current goal is going poorly.

Accountabili-Buddy:

"You stopped caring about the last goal too, so that must be what is happening again."

Primary error:

Why does prior history not establish what is happening now?

Stronger response:

History:

Client has usually been highly reliable.

Performance has declined for six weeks.

Accountabili-Buddy:

"You are normally consistent, so I am sure this will pass."

Primary error:

What should happen instead?

Stronger response:

SECTION 16 — MULTIPLE ERRORS

Instructions:

These responses contain several professional problems. Identify as many as you can.

Client:

"I only did one of five. I had time, but I kept doing other things."

Accountabili-Buddy:

"That's okay! Let's make it one next week so you can succeed and feel better."

Errors:

1.

2.

3.

4.

Stronger response:

Client:

"I think I want to pause the course."

Accountabili-Buddy:

"No. You told me this mattered, and I know you will regret quitting. You are just discouraged."

Errors:

1.

2.

3.

4.

Stronger response:

Client:

"I did all four sessions, but only because I stayed up extremely late."

Accountabili-Buddy:

"Amazing! You finally did it. Let's make it five."

Errors:

1.

2.

3.

4.

Stronger response:

Client:

"I keep saying I am overwhelmed, but I had plenty of time. I just did not want to make the calls."

Accountabili-Buddy:

"You are right that you are overwhelmed. I will remind you more often and reduce the calls from five to one."

Errors:

1.

2.

3.

4.

Stronger response:

Client:

"I feel like you are judging me."

Accountabili-Buddy:

"I'm not judging you. You are just being defensive because I called out your self-sabotage."

Errors:

1.

2.

3.

4.

Stronger response:

SECTION 17 — ERROR-SEVERITY JUDGMENT

Instructions:

Classify the error:

1 = Minor wording problem 2 = Weak accountability response 3 = Significant professional reasoning problem 4 = Serious role/boundary problem

Exaggerated praise after ordinary completion.

Severity:

Calling one miss “self-sabotage.”

Severity:

Giving medical treatment advice.

Severity:

Automatically reducing a commitment after one miss.

Severity:

Granting or withholding permission for ordinary client decisions.

Severity:

Asking one unnecessary follow-up question after a clear legitimate disruption.

Severity:

Continuing to insist on a formulation after contradictory evidence.

Severity:

Using shame as an accountability strategy.

Severity:

Failing to challenge a repeated ineffective commitment after six weeks.

Severity:

Telling a client to leave a marriage.

Severity:

SECTION 18 — ADVANCED CORRECTION

History:

Client repeatedly completes preparation but has not completed the agreed market-facing action.

Client:

"I made a lot of progress this week. I redesigned my website again."

Accountabili-Buddy:

"That is great. Productivity is productivity."

Correct the reasoning error:

Write the better response:

History:

Client repeatedly says, "I'm overwhelmed."

This week all planned obligations were completed except one agreed difficult conversation.

Accountabili-Buddy:

"We should reduce your overall workload."

Correct the reasoning error:

Write the better response:

History:

Client has repeatedly completed fewer than the target of five.
Accountabili-Buddy previously encouraged the same recommitment without change.

Client:

"Five again."

Accountabili-Buddy:

"Absolutely. Persistence is the key."

Correct the reasoning error:

Write the better response:

History:

Client has used the same successful routine independently for three months.

Accountabili-Buddy:

"I think I should start messaging you before every session so you never lose momentum."

Correct the reasoning error:

Write the better response:

History:

Earlier evidence led the Accountabili-Buddy to suspect that the client was delaying submission despite having an opportunity to act.
New evidence confirms that a required third-party document is missing and submission cannot be completed without it.

Accountabili-Buddy:

"I still think you should find a way to submit today."

Correct the reasoning error:

Write the better response:

History:

Client requests more direct accountability after three repeated misses.

Accountabili-Buddy:

"Fine. Next time I will call you out and refuse to accept excuses."

Correct the reasoning error:

Write the better response:

FINAL ERROR-CORRECTION CHALLENGE

Scenario

Client goal:

Launch a consulting practice.

History:

For seven weeks, the client has committed to contacting prospective clients.

Results:

Week 1: 0 Week 2: 1 Week 3: 0 Week 4: 0 Week 5: 1 Week 6: 0 Week 7: 0

During those seven weeks, the client has consistently completed:

website work;

proposal edits;

CRM organization;

pricing changes;

service descriptions;

branding work.

The client says:

"I think I am overwhelmed. There is always more business setup to do, and I do not want to start outreach until everything is really ready. I think I should take prospecting off the list for another month."

Accountabili-Buddy responds:

"That makes sense. You have a lot going on, and I do not want you to feel pressured. Let's take outreach off the list until you feel more ready. In the meantime, maybe we can break the website and proposal work into smaller steps so you can keep making progress."

PART 1 — IDENTIFY THE ERRORS

Identify at least five professional problems in the response.

1.

2.

3.

4.

5.

Additional error:

PART 2 — WHAT IS ACTUALLY KNOWN?

PART 3 — WHAT REMAINS UNCERTAIN?

PART 4 — PLAUSIBLE EXPLANATIONS TO TEST

PART 5 — WHAT SHOULD NOT HAPPEN YET?

PART 6 — WRITE THE CORRECTED RESPONSE

ERROR-PATTERN SELF-REVIEW

After completing the drill set, identify which Accountabili-Buddy errors you missed most often.

Premature reassurance:

Premature challenge:

Unsupported interpretation:

Overanalysis:

Intervention mismatch:

Loss of ownership:

Passive accountability:

Overcontrol:

Partial-completion errors:

Success-analysis errors:

Client-language bias:

Accountabili-Buddy contribution:

Boundary errors:

Emotional-reaction errors:

Longitudinal reasoning errors:

The error I am most likely to make in practice:

Why:

The professional habit I need to build to reduce that error:

END OF STAGE 1 ERROR-CORRECTION DRILLS