

STAGE 1 RAPID CLASSIFICATION DRILLS

PURPOSE

These drills are designed to build fast, accurate professional judgment.

Unlike the workbook exercises, these scenarios provide minimal scaffolding. The trainee should classify the issue quickly, based only on the information available.

The objective is not speed at the expense of accuracy.

The objective is to develop fluent recognition of:

broad intention versus workable accountability goal;

goal versus commitment;

when initial goal clarification is necessary;

when a goal is sufficiently clear to move to commitment design;

client goal ownership versus Accountabili-Buddy authority;

desired outcomes versus controllable contributions;

obvious goal, timeframe, capacity, or scope discrepancies;

fact versus interpretation;

accountability versus overreach;

when inquiry is necessary;

when inquiry is unnecessary;

the function of the conversation;

the appropriate level of response intensity;

whether the Accountabili-Buddy is observing, inferring, rescuing, controlling, or overanalyzing.

INSTRUCTIONS

For each item, choose the best classification.

Do not add assumptions that are not supported by the scenario.

Where more than one answer initially appears plausible, choose the one best supported by the information given.

SECTION 1 — FACT, INTERPRETATION, OR UNSUPPORTED CONCLUSION?

Choose:

A. Fact B. Client interpretation C. Accountabili-Buddy hypothesis D. Unsupported conclusion

1.

"The client planned three workouts and completed one."

Answer:

2.

"I think three workouts was too much for me this week."

Answer:

3.

"The commitment may have exceeded the client's current capacity."

Answer:

4.

"The client is not serious about getting fit."

Answer:

5.

"The proposal was complete Tuesday and remained unsent Friday."

Answer:

6.

"I kept delaying because I was nervous about what they would think."

Answer:

7.

"Fear of evaluation may be contributing to the delay."

Answer:

8.

"The client always sabotages progress right before completion."

Answer:

9.

"The client moved the same deadline three times."

Answer:

10.

"I forgot to do it."

Answer:

SECTION 2 — ACCOUNTABILITY OR OVERREACH?

Choose:

A. Appropriate accountability B. Coaching/strategy C. Therapy/psychological treatment D. Enforcement/control E. Specialized advice outside the accountability role

11.

"You committed to calling the accountant Tuesday. Did the call happen?"

Answer:

12.

"Let's explore whether your fear of criticism comes from childhood."

Answer:

13.

"If you miss again, I am adding a financial penalty."

Answer:

14.

"You said the application was ready, but it still was not submitted. What happened at the point of submission?"

Answer:

15.

"I think you should leave your marriage."

Answer:

16.

"Your doctor should probably increase the medication."

Answer:

17.

"You had two possible work periods and used neither. What got in the way?"

Answer:

18.

"Let's redesign your pricing model to make it more competitive."

Answer:

19.

"You do not need my permission to change the goal. I can help you examine whether the change makes sense."

Answer:

20.

"You are not allowed to quit."

Answer:

SECTION 3 — WHO OWNS THE DECISION?

Choose:

A. Client B. Accountabili-Buddy C. Shared discussion, client final decision D. Qualified outside professional

21.

Whether to continue a certification goal.

Answer:

22.

Whether a medical symptom makes exercise safe.

Answer:

23.

Whether to reduce a weekly target from five sessions to three.

Answer:

24.

Whether the current commitment has been completed.

Answer:

25.

Whether a client should leave their job.

Answer:

26.

Whether the Accountabili-Buddy should point out that the same plan has not worked for five weeks.

Answer:

27.

Whether the client's contract is legally enforceable.

Answer:

28.

Whether a goal should remain active after the client says they no longer value it.

Answer:

29.

Whether to pause accountability for two weeks during a major family disruption.

Answer:

30.

Whether the Accountabili-Buddy should challenge an unsupported client explanation.

Answer:

SECTION 4 — ASK OR DO NOT ASK?

Choose:

A. No further inquiry needed B. One focused question needed C. Broader pattern review needed

31.

Client:

"I missed Saturday because my flight was canceled. Same plan next week."

Answer:

32.

Client:

"I did all three."

Answer:

33.

Client:

"I didn't do it. I had time and remembered. I just didn't."

First miss after several successful weeks.

Answer:

34.

Client:

"I didn't have time."

History shows two available work blocks.

Answer:

35.

Client:

"I think four sessions is unrealistic."

Client completed four successfully for the previous five weeks.

Answer:

36.

Client:

"I missed again."

Same commitment has been missed six weeks in a row.

Answer:

37.

Client:

"I don't want this goal anymore."

Answer:

38.

Client:

"My mother was hospitalized, so I missed the deadline."

First deadline miss.

Answer:

39.

Client:

"I forgot again."

Client remembered once during the week but still did not act.

Answer:

40.

Client:

"I completed two of five."

No explanation is given.

Answer:

SECTION 5 — WHAT FUNCTION IS THE ACCOUNTABILI-BUDDY PERFORMING?

Choose:

A. Establish B. Observe C. Understand D. Decide E. Retain

41.

"You said the commitment was two applications. Were those two applications completed or actually submitted?"

Answer:

42.

"You completed one of four."

Answer:

43.

"What happened with the other three?"

Answer:

44.

"Do you want to keep the same target next week?"

Answer:

45.

"Morning sessions have worked better than evening sessions the last three weeks."

Answer:

46.

"The proposal has been complete since Wednesday."

Answer:

47.

"Is the actual goal still important to you?"

Answer:

48.

"Do you want to move the commitment to Monday?"

Answer:

49.

"Last week you said Fridays were not workable. Is that still true?"

Answer:

50.

"What should count as complete this week?"

Answer:

SECTION 6 — WHICH RESPONSE IS MOST PROPORTIONATE?

Choose the strongest response.

51.

Client:

"I completed all three workouts."

A. "Amazing! Let's make it five." B. "All three done. Same three next week?" C. "What psychological change made this possible?" D. "You finally proved you can be disciplined."

Answer:

52.

Client:

"My child was sick and I missed the study session."

A. "Why did you let that interfere?" B. "Understood. Do you want the normal plan again this week?" C. "You need stronger boundaries." D. "Let's reduce the goal permanently."

Answer:

53.

Client:

"I had time. I just kept putting off the call."

A. "I'll send more reminders." B. "Let's reduce the call to five minutes." C. "What is difficult about making the call once the opportunity is there?" D. "You are procrastinating again."

Answer:

54.

Client:

"I do not want the certification anymore."

A. "You are just discouraged." B. "Let's make the lessons smaller." C. "Do you want to keep this as an active goal?" D. "You have already done too much to stop now."

Answer:

55.

Client:

"I missed two of five workouts."

A. "You failed." B. "Three of five happened. What accounted for the other two?" C. "Three is basically five." D. "Let's reduce the goal immediately."

Answer:

56.

Client:

"I know I said five sessions, but there were only two actual openings in my schedule."

A. "Try harder next week." B. "Then five may not have been properly calibrated. What number actually fits the week you have?" C. "You lack commitment." D. "No problem. Skip the goal."

Answer:

57.

Client:

"I have moved the same deadline four times."

A. "Okay, next week." B. "You clearly do not care." C. "Before we move it again, what makes the same plan likely to work this time?" D. "I am not allowing another extension."

Answer:

58.

Client:

"I did not finish because the software instructions do not match my version and I cannot figure out the next step."

A. "Stop procrastinating." B. "What specific technical information do you need before you can proceed?" C. "You need more discipline." D. "Let's reduce the goal to opening the software."

Answer:

59.

Client:

"I know I should keep going because I already finished half, but I would not choose this course today."

A. "Finish what you started." B. "You are losing motivation." C. "It sounds like the goal itself needs reassessment." D. "Let's improve the schedule."

Answer:

60.

Client:

"I missed the same task again. You can yell at me."

A. "You asked for it." B. "I can be more direct, but shame is not the intervention. We need to understand the repeated pattern." C. "You clearly need punishment." D. "No worries."

Answer:

SECTION 7 — IDENTIFY THE ACCOUNTABILI-BUDDY ERROR

Choose:

A. Premature reassurance B. Premature challenge C. Unsupported interpretation D. Rescuing E. Overcontrol F. Overanalysis G. Loss of client ownership H. Intervention mismatch

61.

Client:

"I missed all three."

Accountabili-Buddy:

"That's completely fine. Don't worry about it."

Answer:

62.

Client:

"I missed because my father was hospitalized."

Accountabili-Buddy:

"You need to stop letting life interfere with your goals."

Answer:

63.

Client:

"I didn't submit it."

Accountabili-Buddy:

"You are afraid of rejection."

Answer:

64.

Client:

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

Accountabili-Buddy:

"Do three. That's what you need."

Answer:

65.

Client:

"I forgot once."

Accountabili-Buddy:

"I will remind you three times every day."

Answer:

66.

Client:

"I completed all four."

Accountabili-Buddy:

"Why do you think you finally became capable of following through? What emotional shift happened? What does this say about your identity?"

Answer:

67.

Client:

"I had time but kept avoiding the call."

Accountabili-Buddy:

"I'll schedule it more precisely."

Answer:

68.

Client:

"I think I want to pause the goal."

Accountabili-Buddy:

"You can't. We agreed to it."

Answer:

69.

Client:

"I am overwhelmed. Can you decide which goal I should drop?"

Accountabili-Buddy:

"Yes. Drop the course."

Answer:

70.

Client:

"I missed two workouts."

Accountabili-Buddy:

"Let's reduce the goal to one."

Answer:

SECTION 8 — RESPONSE INTENSITY

Choose:

1 = Minimal acknowledgment 2 = Brief inquiry 3 = Focused analysis 4 = Pattern review 5 = Major reassessment

71.

Client completes the planned three sessions.

Answer:

72.

Client misses one session because of a clear, isolated illness.

Answer:

73.

Client misses a first commitment with no clear explanation.

Answer:

74.

Client repeatedly misses the same commitment for five weeks.

Answer:

75.

Client has continued the same pattern of non-follow-through under three different interventions over two months.

Answer:

76.

Client says the goal is no longer wanted.

Answer:

77.

Client succeeds after a new scheduling intervention.

Answer:

78.

Client repeatedly asks the Accountabili-Buddy to decide commitments for them.

Answer:

79.

Client has one unusual bad week after months of consistency.

Answer:

80.

The accountability process itself appears to be creating dependence.

Answer:

SECTION 9 — WHICH STATEMENT IS BEST?

81.

A. "You always overcommit." B. "For four weeks, your commitment has been substantially higher than what you completed." C. "You need to stop setting unrealistic goals." D. "You clearly do not understand your limits."

Answer:

82.

A. "You are making excuses." B. "Your explanation may be true, but I am not sure it fully accounts for what happened." C. "I do not believe you." D. "You always have a reason."

Answer:

83.

A. "You need my approval before changing the goal." B. "Do whatever you want." C. "The final decision is yours. I can help you evaluate whether the change makes sense." D. "I think I should decide because I know the history."

Answer:

84.

A. "You are a perfectionist." B. "You keep overthinking." C. "You have revised the draft four times and still have not submitted it. What standard are you using for 'ready'?" D. "Stop editing."

Answer:

85.

A. "You clearly do not want this." B. "You said the outcome still matters, but your confidence has dropped. I want to separate those two things." C. "You should quit." D. "You need more motivation."

Answer:

86.

A. "You failed again." B. "You did three of five." C. "Three is good enough." D. "At least you tried."

Answer:

87.

A. "I knew you were avoiding it." B. "The new evidence makes avoidance more plausible than the scheduling explanation we started with." C. "You were lying to yourself." D. "You should have known better."

Answer:

88.

A. "The plan worked because you finished." B. "You completed the goal, but the process may not be sustainable." C. "Success is success." D. "The only thing that matters is the result."

Answer:

89.

A. "You are too dependent on me." B. "I think I may have become too involved in choosing your commitments. I want you making the first decision." C. "You need to be more independent." D. "I will stop giving you feedback."

Answer:

90.

A. "You need more accountability." B. "What evidence says more monitoring would address the problem?" C. "I'll start checking twice a day." D. "You obviously need stronger pressure."

Answer:

SECTION 10 — RAPID MIXED JUDGMENT

For each scenario, choose the best Stage 1 judgment based only on the available evidence.

91.

Client repeatedly completes business setup tasks but never contacts prospects.

A. Conclude the client is avoiding prospecting B. Note the selective pattern and ask a focused question about what happens at the point of prospect contact C. Conclude the client has lost interest in the business D. Reduce the business goal immediately

Answer:

92.

Client has completed four study sessions for six weeks, then completes one during an unusually demanding work week.

A. Treat the one week as proof the goal is unrealistic B. Recognize the unusual work demand as relevant context and avoid overinterpreting one week C. Conclude the client has lost interest D. Rebuild the accountability plan immediately

Answer:

93.

Client repeatedly says they are overwhelmed but only one particular task remains untouched.

A. Accept overwhelm as a complete explanation without examining the pattern B. Note that the explanation may not fully account for the selective pattern and ask a focused question C. Automatically reduce the goal D. Conclude the untouched task proves avoidance

Answer:

94.

Client has no idea how to perform the required technical step.

A. Increase accountability pressure B. Recognize that needed technical expertise must be obtained before accountability can reasonably evaluate follow-through on that step C. Teach the technical skill within the Accountabili-Buddy role D. Conclude the client lacks commitment

Answer:

95.

Client says:

"I still want the race, but I don't think I can do it."

A. Treat reduced confidence as proof the goal no longer matters B. Separate whether the goal still matters from the client's current confidence about achieving it C. Tell the client to abandon the goal D. Assume the goal is unrealistic

Answer:

96.

Client repeatedly revises a first draft because they do not want anyone seeing rough work.

A. Label the client a perfectionist B. Observe the repeated revision and ask what standard the client is using for "ready" C. Conclude the client has lost interest D. Require immediate submission

Answer:

97.

Client has seven simultaneous active goals and cannot choose where to begin.

A. Choose the three most important goals for the client B. Clarify which goals the client wants to make active priorities now and what current capacity can support C. Treat all seven as active because the client named them D. Add more check-ins so every goal receives attention

Answer:

98.

Client says they want French “someday” but do not want to study it now.

A. Active goal B. Future aspiration, not current priority C. Avoidance proven D. Unrealistic commitment

Answer:

99.

Client completes every weekly task but none meaningfully advances the larger goal.

A. Strong accountability success B. Compliance without meaningful progress C. Goal completion D. Maintenance

Answer:

100.

Client asks the Accountabili-Buddy to decide whether they should quit their job.

A. Accountabili-Buddy should decide B. Client owns the decision; the Accountabili-Buddy can support the decision process C. Accountabili-Buddy should refuse to discuss it at all D. Accountabili-Buddy should give motivational advice

Answer:

SECTION 11 — INITIAL GOAL JUDGMENT

For each scenario, choose the best primary classification.

101.

Client texts:

“I really need to get healthier.”

A. Workable goal — ready for commitment design B. Broad intention — goal clarification is needed C. Unrealistic goal D. Client should immediately choose a weekly workout target

Answer:

102.

Client texts:

“I want to finish the first draft of my novel by December 1. I have about 40,000 words left, and I want to make this an active priority now.”

A. Goal is sufficiently clear to begin discussing a first commitment B. Goal is too vague for accountability C. Accountabili-Buddy should determine whether December 1 is the correct deadline D. Client must first explain why writing the novel matters psychologically

Answer:

103.

Client texts:

"My goal is to go to the gym five days a week."

A. Five gym visits should automatically be accepted as the goal B. The Accountabili-Buddy should determine what the client is trying to accomplish through the gym visits C. Five days is automatically unrealistic D. The Accountabili-Buddy should reduce the target before asking anything else

Answer:

104.

Client texts:

"I want to get a new job within the next two months."

A. Invalid goal because the client cannot control whether an employer hires them B. Legitimate desired outcome; accountability should focus on the client's controllable contribution C. Accountabili-Buddy should guarantee that sufficient applications will produce the outcome D. Goal should automatically be changed to "submit applications"

Answer:

105.

Client texts:

"I want to launch my consulting business in four weeks."

Later in the text conversation:

"I realistically have about three hours a week for it right now."

A. Accept both statements without further discussion because the client owns the goal B. Tell the client the four-week goal is impossible C. Identify the apparent goal/capacity discrepancy and ask the client to evaluate it D. Automatically extend the deadline

Answer:

106.

Client texts:

"I want to learn Spanish someday, but I don't want to spend any time on it right now."

A. Active accountability goal B. Future aspiration rather than current active goal C. Proven avoidance D. Unrealistic goal

Answer:

107.

Client texts:

"I want to get my finances under control, but I don't know what my goal should be. You decide."

A. Accountabili-Buddy should select the most financially responsible goal B. Accountabili-Buddy should refuse to discuss the subject C. Accountabili-Buddy can help clarify what the client wants to change while returning final goal ownership to the client D. Accountabili-Buddy and client have equal authority over the final goal

Answer:

108.

Client texts:

"I want to lose 35 pounds as quickly as possible. Tell me exactly how many calories I should eat every day."

A. Accountabili-Buddy should calculate the client's calorie target B. Accountabili-Buddy should refuse any accountability involving health C. Specialized guidance is outside the accountability role, but accountability may support the client's follow-through on an appropriately established plan D. Accountabili-Buddy should choose a slower weight-loss target

Answer:

109.

Client texts:

"I want to finish my graduate-school application and submit it by October 15. That's the deadline, I want to apply this year, and the application is already started."

A. Continue goal clarification until the client's deeper motivation is fully understood B. Goal is sufficiently clear to move toward a controllable first commitment C. Accountabili-Buddy should determine whether graduate school is the right life decision D. Goal is invalid because admission itself is outside the client's control

Answer:

110.

Client texts:

"I want to make more money."

What is the strongest next accountability move?

A. Set a weekly revenue target B. Ask the client how much money they want to make C. Clarify what the client means by "make more money" and what change or outcome they actually want to pursue D. Recommend starting a side business

Answer:

111.

Client texts:

"I want to run a half-marathon in six months."

The client has not yet discussed current running ability, available training time, health considerations, or whether a race has been selected.

A. Immediately create a weekly mileage commitment B. The stated goal provides direction, but relevant feasibility and planning information should be clarified before designing the accountability commitment C. Reject the goal as unrealistic D. Accountabili-Buddy should create a training program

Answer:

112.

Client texts:

"I want to build my business, get back in shape, learn Spanish, finish my degree, organize my house, and write the book I've been planning."

A. Establish commitments for all six goals immediately B. Accountabili-Buddy should choose the three most important goals C. Clarify which goals the client actually wants to make active priorities now D. Treat all six as active because the client mentioned them

Answer:

113.

Client texts:

"My goal is to post on social media every day."

The Accountabili-Buddy asks:

"What are you hoping consistent posting will accomplish?"

What function is the question serving?

A. Taking ownership of the client's goal B. Clarifying whether the stated activity is the actual goal or a method serving a larger goal C. Unnecessary psychological inquiry D. Challenging the client's motivation

Answer:

114.

After several text exchanges, the Accountabili-Buddy knows:

the client wants to complete a professional certification;

the client has chosen to pursue it now;

the certification requirements are known;

the client has identified a realistic study window each week;

the client wants accountability for following the study plan.

What is the strongest next move?

A. Continue asking questions until every possible obstacle is identified B. Ask the client to explain why certification matters at a deeper level C. Move to designing the first specific commitment D. Decide the study commitment for the client

Answer:

115.

Which statement best describes the standard for initial goal clarification?

A. The Accountabili-Buddy must fully understand the client's motivation before accountability begins B. Every goal must be converted into a numerical outcome C. The goal must be sufficiently clear to recognize meaningful progress and design a relevant controllable commitment D. The Accountabili-Buddy must determine that the client's chosen goal is objectively the best goal

Answer:

SELF-SCORING RECORD

Section 1:

/ 15

TOTAL:

SUGGESTED INTERPRETATION

90–100%: Strong Stage 1 recognition 85–89%: Meets Stage 1 knowledge threshold 75–84%: Review weak categories before advancing Below 75%: Repeat Stage 1 foundational work before moving to advanced response practice

ERROR PATTERN REVIEW

After scoring, identify where errors occurred.

Fact vs. inference:

Role boundaries:

Client ownership:

Inquiry judgment:

Conversation functions:

Response proportionality:

Accountabili-Buddy error recognition:

Response intensity:

Professional language:

Mixed discrimination:

Initial goal judgment:

Do not review only the total score.

A trainee who scores highly overall but repeatedly misses one category—such as client ownership, unsupported interpretation, or initial goal judgment—has a specific competency weakness that should be corrected before advanced training.

END OF STAGE 1 RAPID CLASSIFICATION DRILLS