

STAGE 4 — PATTERN-TRACKING DRILLS

PURPOSE

These drills reinforce the skills taught in Workbook 4A — Follow-Up, Review & Pattern Tracking.

The primary skill being trained is:

Recognizing what the accumulated evidence actually supports.

The trainee is not yet being asked to conduct full escalation conversations. That skill is addressed separately in the Stage 4 Escalation & Directness Drills.

These drills focus on:

event vs. pattern;

performance pattern vs. causal pattern;

weak signals vs. established evidence;

relevant vs. irrelevant tracking information;

positive patterns;

repeated mechanisms;

pattern strength;

behavioral pattern language;

review windows;

proportional follow-up;

intervention history;

unsuccessful interventions;

appropriate checkpoints;

fact vs. hypothesis;

pattern-to-decision reasoning;

and knowing when the evidence remains insufficient.

DRILL SET 1 — EVENT OR PATTERN?

Choose:

A — Single Event B — Possible/Emerging Pattern C — Established Pattern D — Insufficient Information

A client misses one workout because their flight was delayed six hours.

Answer:

A client postpones the same networking action for a second consecutive week.

Answer:

A client completes exactly two of five prospect contacts for six consecutive weeks.

Answer:

A client misses two commitments.

No history or context is provided.

Answer:

A client completes administrative tasks every week but leaves the highest-priority sales action untouched for five consecutive weeks.

Answer:

A client completes four workouts for eight consecutive weeks.

Answer:

A client cancels one Spanish lesson because of illness.

Answer:

A client has submitted applications every Monday for ten weeks except this week.

Answer:

A client delays the same difficult conversation every Friday for four weeks.

Answer:

A client misses three commitments during one unusually chaotic travel week.

Answer:

Reflection

What makes repeated behavior stronger evidence of a pattern than one isolated occurrence?

DRILL SET 2 — PERFORMANCE PATTERN VS. CAUSAL INTERPRETATION

Choose:

A — Performance Pattern; Cause Unknown B — Performance Pattern + Repeated Mechanism Supported C — Causal Hypothesis Worth Investigating D — No Meaningful Pattern Yet

A client completes two of four workouts for four consecutive weeks.

Answer:

For four consecutive weeks, the client's missed workouts are the Friday-evening sessions. Each week, the client reports replacing them with optional social plans.

Answer:

Results are repeatedly below target.

Explanations:

Week 1: Work ran late. Week 2: Unexpected childcare issue. Week 3: Illness. Week 4: Forgot.

Answer:

For five weeks, the client submits routine applications but postpones the applications they describe as most important.

Answer:

A client misses four commitments because of four documented unrelated emergencies.

Answer:

A client has missed six morning sessions. All six occurred after nights with unusually little sleep.

Answer:

A client has one missed commitment and says:

"I think I was afraid of failing."

Answer:

For six weeks, a client completes all routine presentations but repeatedly postpones presentations involving a particular high-stakes audience.

Answer:

Reflection

Complete:

A repeated result tells us:

A repeated result does NOT automatically tell us:

Why is that distinction important?

DRILL SET 3 — STRENGTH OF EVIDENCE

Choose:

WEAK SIGNAL EMERGING PATTERN ESTABLISHED PATTERN INSUFFICIENT EVIDENCE

One delayed proposal.

Answer:

The same type of proposal is delayed twice under similar circumstances.

Answer:

Five consecutive proposals are delayed at the same point in the process.

Answer:

Three proposals are delayed, but each delay has a different documented external cause.

Answer:

A client who previously waited for Accountabili-Buddy prompting independently initiates commitments for two weeks.

Answer:

The same client independently initiates commitments for ten consecutive weeks.

Answer:

A client underestimates project duration twice.

Answer:

A client underestimates project duration consistently for two months.

Answer:

Reflection

What strengthens confidence that a weak signal is becoming an established pattern?

DRILL SET 4 — WHAT BELONGS IN THE ACCOUNTABILITY RECORD?

Choose:

RECORD DO NOT RECORD RECORD IF IT BECOMES RELEVANT TO A PATTERN OR DECISION

Client skipped lunch Tuesday.

Answer:

Client avoided the highest-stakes proposal for the third consecutive week.

Answer:

Client watched a movie Saturday night.

Answer:

Client has begun completing commitments without relying on Accountabili-Buddy prompting.

Answer:

Client says the goal no longer feels important.

Answer:

Client's internet failed once but did not materially affect the commitment.

Answer:

Client sacrificed significant sleep for the fourth consecutive week in order to complete the commitment.

Answer:

Client consistently estimates tasks will take one hour when they actually take approximately three.

Answer:

Client's child was sick for one day during an otherwise normal week and this materially affected completion.

Answer:

Client repeatedly moves the difficult portion of the work to Friday afternoon and then does not complete it.

Answer:

Mini Exercise

Create a concise accountability note.

Commitment:

Five prospect contacts.

Result:

Three of five.

Relevant context:

The two highest-stakes prospects were postponed.

History:

This is the third consecutive week that the highest-stakes contacts were postponed.

Pattern update:**Intervention/decision:****Next commitment:**

DRILL SET 5 — POSITIVE PATTERNS

Identify the strongest positive pattern.

Commitment remains three workouts.

Results:

3, 3, 3, 3, 3, 3, 3, 3.

Pattern:

Client previously waited for Accountabili-Buddy prompting.

For eight weeks, the client has initiated independently.

Pattern:

Client previously began difficult work at the deadline.

Over six weeks, start times have moved progressively earlier.

Pattern:

Client's estimates increasingly match actual completion time.

Pattern:

Client previously concealed or minimized misses.

Now the client reports them accurately before the check-in.

Pattern:

Client previously selected unrealistic commitments.

Recent commitments consistently match demonstrated capacity.

Pattern:

Client previously relied on repeated Accountabili-Buddy prompting.

Completion now remains stable with no reminders.

Pattern:

Reflection

Why should positive patterns affect the accountability process?

DRILL SET 6 — REPEATED MECHANISMS

For each set, identify a possible repeated mechanism.

Do not state the mechanism as established fact unless the evidence supports that conclusion.

"I forgot."

"I remembered after dinner."

"I saw the reminder too late."

Possible mechanism:

"I needed more research."

"I wanted another opinion."

"I wasn't completely sure."

"I wanted to check one more thing."

Possible mechanism:

"I got busy."

"I ran out of time."

"Something else came up."

"I did other things first."

Possible mechanism:

"I cleaned my office."

"I organized the CRM."

"I updated the branding."

The active goal is acquiring customers.

Possible mechanism:

"I rewrote the proposal."

"I reformatted it."

"I checked it again."

The proposal already met the agreed submission requirements.

Possible mechanism:

"I'll start tomorrow."

"I'll start Monday."

"I'll start after vacation."

Possible mechanism:

Reflection

Why is the phrase possible mechanism important?

DRILL SET 7 — DO NOT FORCE A CAUSAL PATTERN

Evaluate the proposed conclusion.

Choose:

SUPPORTED PLAUSIBLE HYPOTHESIS — INVESTIGATE PREMATURE / NOT SUPPORTED

Evidence:

Client misses four commitments because of illness, travel disruption, software failure, and a family emergency.

Proposed conclusion:

"The client has a recurring avoidance pattern."

Answer:

Evidence:

For six weeks, client sends routine customer emails but repeatedly postpones investor emails.

Proposed conclusion:

"Something about the investor-email task may be producing avoidance."

Answer:**Evidence:**

Client misses two deadlines immediately after beginning a substantially more demanding job.

Proposed conclusion:

"The client's available capacity may have changed."

Answer:**Evidence:**

For six weeks, client completes administrative preparation while leaving the consequential action undone.

Proposed conclusion:

"Preparation may be functioning as substitute activity."

Answer:**Evidence:**

Client says "I'm overwhelmed" for three consecutive weeks.

No other information is available.

Proposed conclusion:

"The commitments definitely exceed capacity."

Answer:**Evidence:****Results are:**

0, 4, 0, 4, 0, 4.

Proposed conclusion:

"The client is intentionally self-sabotaging every other week."

Answer:**Reflection****For Question 55:**

What performance pattern can be stated confidently?

What remains unknown?

DRILL SET 8 — PATTERN STRENGTH LADDER

Classify:

WEAK SIGNAL EMERGING PATTERN ESTABLISHED PATTERN

First postponed proposal.

Answer:

Second consecutive postponed proposal under similar conditions.

Answer:

Fifth consecutive postponed proposal under similar conditions.

Answer:

Fourth week of the same scheduling breakdown.

Answer:

Three weeks of independent initiation after months of Accountabili-Buddy prompting.

Answer:

Ten weeks of independent initiation.

Answer:

Reflection

What changes when evidence moves from emerging to established?

DRILL SET 9 — BEHAVIORAL PATTERN LANGUAGE

Rewrite each statement using observable evidence rather than a global label.

“You’re lazy.”

Rewrite:

"You're inconsistent."

Rewrite:

"You're afraid of rejection."

Rewrite:

"You're dependent on accountability."

Rewrite:

"You're a perfectionist."

Rewrite:

"You sabotage yourself."

Rewrite:

Reflection

Why is behavioral language more useful for accountability decisions?

DRILL SET 10 — CROSS-COMMITMENT PATTERNS

A client has four active commitments.

Fitness:

Completed consistently for six weeks.

Business:

Completed consistently for six weeks.

Certification:

Missed for six weeks.

Spanish:

Missed five of six weeks.

What performance pattern is supported?

What causal conclusion is NOT yet supported?

What questions should the Accountabili-Buddy ask before interpreting the pattern?

List three plausible possibilities worth investigating.

1.

2.

3.

DRILL SET 11 — PATTERNS ACROSS TIME

Completion:

Month 1 — 45%

Month 2 — 60%

Month 3 — 72%

Month 4 — 83%

Describe the longitudinal trend.

What does the trend NOT establish?

Should the Accountabili-Buddy automatically increase commitments?

YES / NO

Why?

What might the Accountabili-Buddy discuss with the client?

DRILL SET 12 — CHOOSING THE REVIEW WINDOW

Choose:

ONE PERIOD SEVERAL WEEKS LONGER-TERM REVIEW

Was the proposal submitted by Friday?

Answer:

Is three workouts a sustainable baseline?

Answer:

Is the client becoming less reliant on reminders?

Answer:

Did the temporary travel-week minimum work?

Answer:

Does the client repeatedly underestimate project duration?

Answer:

Has a previously difficult behavior become independently maintained?

Answer:

Reflection

Why should the review window match the question being asked?

DRILL SET 13 — PURPOSEFUL FOLLOW-UP

Write one follow-up question designed to improve the next accountability decision.

Client completes two of five prospect contacts.

Question:

Client delays the same completed proposal for a third week.

Question:

Client suddenly completes twice the normal workload.

Question:

Client says:

“The commitment felt impossible.”

Question:

Client says:

"I just didn't do it."

Question:

Reflection

What should a follow-up question help distinguish?

DRILL SET 14 — PROPORTIONAL FOLLOW-UP DEPTH

Choose:

LIGHT MODERATE DEEP

One isolated miss caused by an obvious emergency.

Answer:

Fifth consecutive unexplained miss.

Answer:

First miss after three months of stable completion.

Answer:

Repeated non-completion of the client's stated highest-priority action.

Answer:

One unusually successful week with no apparent negative consequence.

Answer:

Major sudden decline in performance without an obvious explanation.

Answer:

Reflection

What factors justify deeper review?

DRILL SET 15 — PATTERN TO DECISION

Choose the most appropriate primary next decision:

MAINTAIN CLARIFY INVESTIGATE RECALIBRATE CHANGE INTERVENTION TEMPORARY ADJUSTMENT REDUCE
ACCOUNTABILITY INTENSITY SUSTAINABILITY REVIEW STRUCTURAL/PROCESS REASSESSMENT GOAL REVIEW

One isolated miss after an emergency.

Answer:

Six weeks of performance substantially below the commitment, with evidence that available capacity is lower than originally estimated.

Answer:

Repeated avoidance of one consequential action while other work is completed.

Answer:

Commitment has been completed independently for four months and reminders are no longer needed.

Answer:

Client repeatedly states that the goal no longer matters.

Answer:

Repeated non-completion continues despite several reasonable interventions.

Answer:

Cause of repeated non-completion remains unclear.

Answer:

Client repeatedly completes the commitment only by sacrificing significant sleep.

Answer:

Reflection

Why is MAINTAIN an active professional decision rather than “doing nothing”?

DRILL SET 16 — INTERVENTION HISTORY AS EVIDENCE

History:

Week 1 Intervention: Client-owned calendar cue Result: Miss

Week 2 Intervention: Earlier client-owned cue Result: Miss

Week 3 Intervention: Morning scheduling Result: Miss

Week 4 Intervention: First target action completed immediately after Monday planning Result: Success

Week 5 Same intervention Result: Success

Which intervention currently appears most promising?

Which simple explanation has become weaker based on the failed reminder interventions?

What new hypothesis might be worth testing?

What remains unknown?

What should be retained in the accountability record?

Should all previous interventions continue?

YES / NO

Why?

DRILL SET 17 — UNSUCCESSFUL INTERVENTIONS

Identify the best next action.

Five different client-owned cue systems have not improved completion.

Next action:

Three scheduling changes have failed to produce proposal submission.

Next action:

Repeated accountability discussions have produced no meaningful behavior change.

Next action:

Client-owned calendar blocks, alarms, and planners have not improved initiation.

Next action:

Reflection

What should multiple unsuccessful interventions cause the Accountabili-Buddy to reconsider?

DRILL SET 18 — CHECKPOINT DECISIONS

Choose:

CHECKPOINT INDICATED CHECKPOINT NOT INDICATED INSUFFICIENT EVIDENCE

Client repeatedly waits until Friday afternoon to begin a large weekly commitment.

Answer:

Client has independently completed the same routine for six months.

Answer:

A new complex project contains several dependent steps and problems need to be identified before the final deadline.

Answer:

Client has no history with a new simple one-step commitment.

Answer:

Final-only check-ins repeatedly discover problems too late for correction.

Answer:

For each checkpoint you marked INDICATED:

Should it initially be treated as an experiment rather than assumed to be permanent?

YES / NO

Why?

DRILL SET 19 — FACT, HYPOTHESIS, OR UNSUPPORTED CONCLUSION?

Choose:

BEHAVIORAL FACT SUPPORTED HYPOTHESIS UNSUPPORTED CONCLUSION

"The proposal has met the agreed completion criteria and has not been submitted for three weeks."

Answer:

"The client is afraid of rejection."

Answer:

"Possible rejection avoidance: client postponed three prospect contacts after repeatedly expressing concern about receiving negative responses."

Answer:

"The client is lazy."

Answer:

"The client has postponed four Friday workouts."

Answer:

"The client doesn't really want the goal."

Answer:

"Possible goal disengagement: client has repeatedly described the goal as unimportant and has chosen not to recommit."

Answer:

Reflection

Why should hypotheses be recorded differently from facts?

DRILL SET 20 — POSITIVE EVIDENCE AND PROCESS CHANGE

Client previously relied on prompting at each of three weekly check-ins.
For ten weeks, the client has completed independently before the scheduled check-in.

What pattern is supported?

What process change should be considered?

Client previously selected commitments far above demonstrated capacity.
For three months, estimates and actual completion have closely matched.

What pattern is supported?

What should the Accountabili-Buddy avoid continuing to assume?

Client previously avoided discussing misses.
For eight weeks, the client has reported misses accurately and initiated problem-solving.

What has changed?

How should the accountability relationship reflect that development?

DRILL SET 21 — WHEN THERE IS NOT ENOUGH EVIDENCE

For each scenario, state:
WHAT IS KNOWN WHAT IS UNKNOWN WHAT SHOULD HAPPEN NEXT
Client misses two workouts after previously completing consistently.
No explanation yet.

Known:

Unknown:

Next:

Client suddenly doubles output for one week.

Known:

Unknown:

Next:

Client says:

"I think the commitment is too hard."

No performance history exists.

Known:

Unknown:

Next:

Client has repeatedly missed a commitment, but each miss has a different apparent cause.

Known:

Unknown:

Next:

DRILL SET 22 — PATTERN INTERRUPTION

Design one plausible intervention that directly tests or interrupts the observed pattern.

Pattern:

Completed proposals repeatedly remain unsent.

Intervention:

Why does it fit the pattern?

Pattern:

Late-night commitments are repeatedly forgotten or abandoned.

Intervention:

Why?

Pattern:

After every miss, client immediately chooses an even larger commitment.

Intervention:

Why?

Pattern:

Client waits for the scheduled Accountabili-Buddy check-in before beginning despite knowing the commitment.

Intervention:

Why?

DRILL SET 23 — INTERVENTION RESULTS

Hypothesis:

Evening unpredictability is causing missed workouts.

Intervention:

Move workouts to mornings.

Result:

Same non-completion pattern for three weeks.

What hypothesis has weakened?

What has NOT been established?

What should happen next?

Hypothesis:

Client forgets because there is no reminder.

Intervention:

Reliable client-owned cues added.

Result:

Client sees the cues but still does not begin.

What has weakened?**What becomes worth investigating?****Hypothesis:**

Friday scheduling contributes to prospecting failure.

Intervention:

Move prospecting to Monday morning.

Results:

Full completion for four consecutive weeks.

What does the evidence support?**What does it NOT prove?**

DRILL SET 24 — PERIODIC PATTERN REVIEW

Review the following eight-week history.

Commitment A:

8 of 8 weeks completed.

Commitment B:

7 of 8 completed.

Commitment C:

2 of 8 completed.

Commitment D:

3 of 8 completed.

Client independently initiates A and B.

C and D usually begin only after Accountabili-Buddy prompting.

What performance patterns are supported?

What possible cross-commitment pattern deserves investigation?

What cannot yet be concluded?

What should the Accountabili-Buddy review with the client?

DRILL SET 25 — CONCISE ACCOUNTABILITY NOTES

Convert each into a concise professional note.

Client was supposed to exercise four times and exercised twice. They talked for several minutes about a difficult meeting at work, lunch with a friend, the weather, and feeling tired. The two missed workouts were both scheduled Friday and Saturday. Late-week workouts have now been missed four weeks in a row. Client says they are consistently exhausted by Friday. Accountabili-Buddy and client move all four sessions to Monday–Thursday for two weeks.

Note:

Client committed to submit one completed proposal. Proposal was not submitted. This is the third consecutive week. Client says they keep reviewing it despite agreeing that it meets submission requirements. Next week, the commitment remains submission, with a Monday submission time.

Note:

DRILL SET 26 — RAPID PATTERN CLASSIFICATION

For each scenario complete all four fields.

Use:

Pattern Status: EVENT / WEAK SIGNAL / EMERGING PATTERN / ESTABLISHED PATTERN

Three consecutive postponed investor emails.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

One missed workout because of illness.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client independently completes commitments for twelve consecutive weeks after previously relying on Accountabili-Buddy prompting.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client repeatedly researches instead of submitting applications for five weeks.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client misses five commitments with five unrelated documented external causes.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client completes two of five prospect contacts for seven consecutive weeks despite continuing to say five is realistic.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client previously waited for every reminder but has initiated independently for ten weeks.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client repeatedly postpones only the highest-stakes action.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client's completion rate steadily improves over four months.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client continues missing despite three reasonable scheduling interventions.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

Client says:

"I'm too busy."

This has occurred for five weeks.

Review shows that time was available each week but was repeatedly allocated to lower-priority activities.

Pattern Status:

What Is Actually Supported:

What Remains Unknown:

Next Accountabili-Buddy Action:

DRILL SET 27 — LONGITUDINAL CASE

Week 1

Commitment:

Five prospect contacts.

Result:

Two.

Client:

"Busy week."

What can be concluded?

What should NOT be concluded?

Week 2

Commitment:

Five.

Result:

Two.

Client:

"I did a lot of other business work."

What new evidence appears?

What pattern status would you assign?

Week 3

Commitment:

Five.

Result:

Two.

Client completed website edits, CRM cleanup, and branding work instead.

What pattern is strengthening?

What remains uncertain?

Intervention

Client agrees to make the first prospect contact before administrative work Monday.

Week 4:

Five of five completed.

What does the result support?

What does one successful week NOT prove?

Weeks 5–6

Five of five both weeks using the same sequencing change.

How has the evidence changed?

What should the Accountabili-Buddy consider maintaining?

Three months later

Prospecting is consistently completed without special sequencing or reminders.

What earlier pattern is no longer active?

What positive pattern is now established?

What change to the accountability process should be considered?

DRILL SET 28 — FINAL STAGE 4A PATTERN-TRACKING CHALLENGE

For each scenario answer:

What happened?

What pattern, if any, is supported?

What causal explanation, if any, is supported?

What remains unknown?

What information belongs in the record?

What is the next accountability decision?

Client commits to three writing sessions weekly.

Eight-week results:

3, 3, 2, 3, 3, 2, 3, 3.

Both misses occurred during documented travel disruptions.

What happened?

Pattern:

Causal interpretation:

Unknown:

Record:

Next decision:

Client commits to four applications weekly.

Six-week results:

2, 2, 2, 2, 2, 2.

Every week, client completes two routine applications and postpones the two applications they describe as most important.

What happened?

Pattern:

Causal interpretation:

Unknown:

Record:

Next decision:

Client previously relied on initiation prompts during each of three weekly check-ins for exercise.
Over twelve weeks, initiation becomes increasingly independent of the scheduled check-ins.
Completion remains stable.
For the last five weeks, the client has initiated independently before scheduled check-ins.

What happened?

Pattern:

Causal interpretation:

Unknown:

Record:

Next decision:

Client has missed a certification-study commitment for five weeks.

Week 1:

Work emergency.

Week 2:

Illness.

Week 3:

Family obligation.

Week 4:

Forgot.

Week 5:

Chose another project.

What happened?

Pattern:

Causal interpretation:

Unknown:

Record:

Next decision:

Client completes five workouts every week.

For six weeks, completion requires repeatedly cutting sleep to approximately five hours before early workouts.

What happened?

Pattern:

Causal interpretation:

Unknown:

Record:

Next decision:

Client commits to submitting one completed proposal.

For four weeks:

Proposal remains complete.

Submission remains zero.

Interventions tried:

Friday deadline.

Monday deadline.

Client-owned calendar cue.

None produces submission.

What happened?

Pattern:

What have the unsuccessful intervention outcomes told us?

What remains unknown?

Record:

Next decision:

STAGE 4 PATTERN-TRACKING COMPETENCY CHECK

Before completing these drills, the trainee should be able to answer:

Can I distinguish an isolated event from a meaningful pattern?

YES / NOT YET

Can I recognize a performance pattern without pretending I know its cause?

YES / NOT YET

Can I distinguish weak signals, emerging patterns, and established patterns?

YES / NOT YET

Can I identify when repeated explanations may reflect a common mechanism?

YES / NOT YET

Can I also recognize when apparently similar outcomes have unrelated causes?

YES / NOT YET

Can I distinguish behavioral facts from hypotheses?

YES / NOT YET

Can I state uncertainty explicitly?

YES / NOT YET

Can I identify positive patterns as well as negative ones?

YES / NOT YET

Can I recognize increasing client independence?

YES / NOT YET

Can I identify what information belongs in the accountability record?

YES / NOT YET

Can I leave irrelevant narrative detail out of the record?

YES / NOT YET

Can I choose an appropriate review window?

YES / NOT YET

Can I use proportional follow-up?

YES / NOT YET

Can I identify when an intervention has failed?

YES / NOT YET

Can I use unsuccessful interventions as evidence rather than simply repeating them?

YES / NOT YET

Can I identify when an intermediate checkpoint has a useful purpose?

YES / NOT YET

Can I recognize when maintaining the existing commitment is appropriate?

YES / NOT YET

Can I recognize when sustainability requires separate review?

YES / NOT YET

Can I recognize when positive evidence supports reducing accountability intensity?

YES / NOT YET

Can I use longitudinal evidence without turning it into a fixed story about the client?

YES / NOT YET

STAGE 4 PATTERN-TRACKING STANDARD

Pattern tracking is not the search for an explanation that makes every event fit.

It is disciplined accumulation of evidence.

The Accountabili-Buddy first establishes:

What happened?

Then asks:

Has anything meaningfully similar happened before?

If so:

What exactly is repeating?

Then:

Do we know why it is repeating, or do we only know that it is repeating?

And finally:

What does this evidence justify doing now?

A performance pattern does not automatically establish a causal pattern.

A client explanation is information, but not automatically proof.

A Accountabili-Buddy hypothesis is useful, but it remains a hypothesis until sufficient evidence supports it.

An unsuccessful intervention outcome is information.

A successful intervention outcome is information.

Stable performance is information.

Increasing independence is information.

Sometimes the evidence supports changing the commitment.

Sometimes it supports changing the intervention.

Sometimes it supports investigating further.

Sometimes it supports reducing accountability intensity.

And sometimes the correct conclusion is:

There is not enough evidence yet. Keep observing.

The governing standard is:

Track what actually happens. Separate observation from explanation. Let patterns become stronger only as the evidence becomes stronger. Use the record to improve the next decision—not to construct a story about the client.

END OF STAGE 4 — PATTERN-TRACKING DRILLS