

## STAGE 6 — ADVANCED RESPONSE-WRITING DRILLS

### PURPOSE

These drills prepare the trainee for certification-level communication.

Unlike earlier response-writing exercises, the trainee is not told which competency is being tested.

Each prompt may require one or more of the following:

- commitment redesign;
- recalibration;
- pattern recognition;
- causal restraint;
- intervention revision;
- escalation;
- de-escalation;
- goal review;
- decision support;
- response to discouragement;
- response to defensiveness;
- response to reassurance-seeking;
- accountability-dependence management;
- relational repair;
- role-boundary clarification;
- or deliberate restraint.

The trainee must determine what the conversation requires before deciding what to say.

The objective is not to sound sophisticated.

The objective is to produce the smallest response that is:

- accurate;
- useful;
- proportionate;
- behaviorally grounded;
- clear about uncertainty;
- consistent with client ownership;
- and appropriate to the Accountabili-Buddy role.

### INSTRUCTIONS

For each scenario:

Determine what the response needs to accomplish.

Write what you would actually say.

Do not explain every aspect of the case.

Do not use more certainty than the evidence supports.

Do not make decisions that belong to the client.

Do not add intervention intensity merely because the case feels difficult.

When a short response is sufficient, keep it short.

When the client needs a direct accountability point, do not hide it inside excessive reassurance.

## DRILL SET 1

Respond in no more than two sentences.

**Client:**

"I missed one workout after three months of doing all of them. I guess I'm slipping again."

**Response:**

**Client:**

"I did three of the five, but honestly there was only time for three."

**Response:**

**Client:**

"I know the proposal was ready. I just didn't send it."

This is the fourth consecutive week.

**Response:**

**Client:**

"I completed exactly what we agreed to, but it still doesn't feel like enough."

**Response:**

**Client:**

"I think I need another cue."

Three client-owned cue systems have already been tried without changing the pattern.

**Response:**

## DRILL SET 2

**Client:**

"I had one bad day."

**History:**

Four months stable.

**Response:**

**Client:**

"I forgot the workout once."

**Response:**

**Client:**

"I think we need a whole new accountability system."

**Relevant context:**

One isolated miss after long stability.

**Response:**

**Why can a restrained response demonstrate stronger judgment than an elaborate one?**

## DRILL SET 3

**Client:**

"Same plan next week?"

**History:**

Six identical misses.

**Response:**

**Client:**

"I'll try harder."

**History:**

Five weeks of the same result.

**Response:**

**Client:**

"Maybe this time I'll remember."

Three client-owned cue interventions have already been tried without changing the pattern.

**Response:**

**Client:**

"Why are you making this such a big deal?"

The same high-stakes action has been postponed for six weeks.

**Response:**

## DRILL SET 4

**Client:**

"I know five is too high, but three feels pathetic."

**Response:**

**Client:**

"If I lower the target, I'm basically admitting I can't do it."

**Response:**

**Client:**

"I used to be able to do five."

Current permanent schedule supports three.

**Response:**

**Client:**

"Three doesn't feel ambitious enough."

**Response:**

## DRILL SET 5

**Client:**

"If three is the baseline, can I still aim for five?"

**Response:**

**Client:**

"I did three, but five would have been better."

**Response:**

**Client:**

"I hit the stretch goal, so now the baseline should be higher."

One successful stretch week only.

**Response:**

## DRILL SET 6

**Client:**

"I'm just bad at follow-through."

**Evidence:**

Fitness stable, bookkeeping stable, prospecting repeatedly missed.

**Response:**

**Client:**

"I'm inconsistent."

**Evidence:**

Three commitments stable; one repeatedly missed.

**Response:**

**Client:**

"I always sabotage myself."

Evidence supports one repeated high-stakes delay pattern.

**Response:**

## DRILL SET 7

**Client:**

"I fixed everything."

One intervention worked for one week.

**Response:**

**Client:**

"That proves we figured out exactly what the problem was."

One behavioral experiment succeeded.

**Response:**

Why should the Accountabili-Buddy’s language remain cautious even after a successful intervention?

DRILL SET 8

Client:

“I’ve done two of four for five weeks. What is wrong with me?”

Response:

Client:

“Just tell me why I keep doing this.”

No stable mechanism identified.

Response:

Client:

“So you have no idea?”

Response:

DRILL SET 9

Client:

“So am I overloaded or avoiding?”

Evidence supports both.

Response:

Client:

"You're telling me I have two problems?"

**Response:**

**Client:**

"Which one matters more?"

System overload is currently obscuring a task-specific pattern.

**Response:**

**Client:**

"What if we fix the wrong thing first?"

**Response:**

## DRILL SET 10

**Client:**

"Cutting my workload fixed most things, but I still don't do outreach."

**Response:**

**Client:**

"So overwhelm wasn't actually real?"

**Response:**

**Client:**

"Why are we still talking about outreach if everything else improved?"

**Response:**

**DRILL SET 11**

**Client:**

"I'm overwhelmed because there's too much work."

Evidence shows client continually adds unnecessary requirements.

**Response:**

**Client:**

"So you're saying I caused my own overwhelm?"

**Response:**

**Client:**

"I don't want you blaming me for being overwhelmed."

**Response:**

**DRILL SET 12**

**Client:**

"Last week I forgot. This week I was too busy. There isn't one pattern."

**Response:**

**Client:**

"You keep wanting one reason."

**Response:**

What should remain the Accountabili-Buddy’s anchor when explanations shift?

**DRILL SET 13**

**Client:**

“I think I’m a perfectionist.”

**Evidence:**

Client repeatedly revises completed work.

**Response:**

**Client:**

“I think I’m afraid of success.”

Evidence does not support that conclusion.

**Response:**

**Client:**

“I’m definitely avoidant.”

**Response:**

**DRILL SET 14**

One high-stakes task postponed once.

**Response:**

Same task postponed four weeks while routine tasks are completed.

**Response:**

**Same pattern plus repeated client report:**

"I don't want to hear no."

**Response:**

**What should change across Responses 46–48?**

## **DRILL SET 15**

**Client:**

"We've tried client-owned cues, calendar blocks, and moving it earlier. What now?"

**Response:**

**Client:**

"Should we just try another app?"

**Response:**

**Client:**

"So none of this works?"

**Response:**

**What should the Accountabili-Buddy communicate about unsuccessful intervention outcomes?**

## DRILL SET 16

**Client:**

"Moving it to Monday worked for four weeks. So Friday was definitely the cause."

**Response:**

**Client:**

"So we solved it forever."

**Response:**

**Client:**

"Can we keep the temporary third check-in permanently?"

Current behavior is now stable with two scheduled check-ins per week.

**Response:**

## DRILL SET 17

**Client:**

"Why do you keep bringing up that I move the deadline?"

**Response:**

**Client:**

"You think I'm not serious."

**Response:**

**Client:**

"You're making excuses sound like evidence."

**Response:**

**DRILL SET 18**

**Client:**  
"I don't agree with your explanation."

**Response:**

**Client:**  
"I don't think this is avoidance."

**Response:**

**Client:**  
"You're wrong."  
Behavioral pattern remains established.

**Response:**

**What does the Accountabili-Buddy need to preserve?**

**DRILL SET 19**

**Client:**  
"You're judging me."  
Accountabili-Buddy's language was accurate and respectful.

**Response:**

**Client:**

"You sound like you think I'm lazy."

**Response:**

**Client:**

"This is making me uncomfortable."

**Response:**

**When should discomfort change the Accountabili-Buddy's behavior?**

## DRILL SET 20

**Client:**

"You just called me full of excuses."

Accountabili-Buddy realizes wording was inappropriate.

**Response:**

**Client:**

"So now you're taking back everything?"

**Response:**

**What is the repair principle?**

## DRILL SET 21

**Client:**

"I want the degree, but I don't want another year of school."

**Response:**

**Client:**

"I want the promotion, but not the job that comes with it."

**Response:**

**Client:**

"I want the outcome. I just don't want what it takes."

**Response:**

**What should accountability shift toward?**

**DRILL SET 22**

**Client:**

"Should I study this week if I don't even know whether I want the certification?"

**Response:**

**Client:**

"Then what am I accountable for?"

**Response:**

**Write one decision-oriented commitment.**

## DRILL SET 23

**Client:**

"Tell me which goal I should pick."

**Response:**

**Client:**

"What would you do if you were me?"

**Response:**

**Client:**

"I don't want to make this decision."

**Response:**

**What can the Accountabili-Buddy provide?**

**What remains client-owned?**

## DRILL SET 24

**Client:**

"Tell me what the right answer is."

Two choices are defensible.

**Response:**

**Client:**

"You're the expert. You should know."

**Response:**

**Client:**

"How can you recommend something if you're not certain?"

**Response:**

## DRILL SET 25

**Client:**

"Do you think I can do this?"

First occurrence after difficult week.

**Response:**

**Client:**

"I just need some encouragement."

**Response:**

**What should support be grounded in?**

## DRILL SET 26

**Client:**

"Tell me again that I can do this."

This occurs every week despite demonstrated capability.

**Response:**

**Client:**

"Why won't you just reassure me?"

**Response:**

**Client:**

"I feel better when you tell me I'll succeed."

**Response:**

## DRILL SET 27

Client has failed an exam three times.

**Client:**

"Tell me I'll pass next time."

**Response:**

**Client:**

"So you don't believe in me."

**Response:**

**Client:**

"What can you tell me for sure?"

**Response:**

## DRILL SET 28

**Client:**

"I don't feel confident enough to make the call."

Client has successfully completed similar calls.

**Response:**

**Client:**

"I need to feel ready first."

**Response:**

**What should the Accountabili-Buddy distinguish?**

## DRILL SET 29

**Commitment:**

Three applications.

**Result:**

Three.

**Client:**

"I should've done five."

**Response:**

Stretch target five.

Result five.

**Client:**

"Seven would've been better."

**Response:**

**Client:**

"I never feel like it counts."

**Response:**

**DRILL SET 30**

**Client:**  
"I missed this week. Maybe I don't care about the goal anymore."

**Response:**

Client has changed goals after every difficult week for two months.

**Response:**

**What should be reviewed?**

**DRILL SET 31**

**Client:**  
"I know exactly what I'm doing."  
Behavior unchanged.

**Response:**

**Client:**  
"I already understand the pattern."

**Response:**

**Client:**  
"I want another week to think about why."  
Several weeks of analysis already occurred.

**Response:**

## DRILL SET 32

**Client:**

"What if our explanation is wrong?"

**Response:**

**Client:**

"I don't want to act until we're sure."

**Response:**

**Client:**

"So you want to experiment on me?"

**Response:**

## DRILL SET 33

**Client:**

"Was this a good week?"

Commitment three.

Result three.

**Response:**

**Client:**

"But do YOU think three was enough?"

**Response:**

**Client:**

"I need you to tell me whether I did well."

**Response:**

**DRILL SET 34**

**Client:**

"Just pick the number for me."

**Response:**

**Client:**

"I trust your judgment more than mine."

**Response:**

**Client:**

"What's wrong with letting you decide?"

**Response:**

**DRILL SET 35**

**Client:**

"I want to pick five so you know I'm serious."

**Response:**

**Client:**

"I don't want you thinking I'm not ambitious."

**Response:**

**What should commitment selection be anchored to?**

## DRILL SET 36

**Accountabili-Buddy:**

"I recommend three."

**Client:**

"I'm choosing five."

**Response:**

**Client:**

"You're going to let me make a bad choice?"

**Response:**

**Following week:**

Three of five.

**Response:**

## DRILL SET 37

**Client:**

"I like having three check-ins every week."

Evidence shows stable independent initiation and performance with fewer scheduled check-ins.

**Response:**

**Client:**

"Why change something I like?"

**Response:**

**Client:**

"I want weekly accountability forever."

**Response:**

**DRILL SET 38**

Client independently completes for four months.

**Response proposing reduced support:**

**Client:**

"Does that mean you think this goal matters less?"

**Response:**

**Client:**

"What if I fall apart when we reduce it?"

**Response:**

**DRILL SET 39**

**Client:**

"Can we increase to three check-ins this week?"

No evidence yet shows that increased frequency is necessary.

**Response:**

**Client:**

"I just know more accountability would help."

**Response:**

**What should the Accountabili-Buddy clarify before increasing intensity?**

## DRILL SET 40

Client has a high-stakes three-day deadline, currently receives one scheduled check-in per week, and has a history of late discovery of problems.

**Response proposing a temporary increase within the 1-3 scheduled check-ins per week, Monday-Friday service model:**

**Client:**

"Are we doing this forever now?"

**Response:**

**What should be established before the experiment starts?**

## DRILL SET 41

Old pattern occurs once after four stable months.

**Response:**

Same pattern occurs three consecutive times.

**Response:**

**Client:**

"I knew I'd become this person again."

**Response:**

## DRILL SET 42

**Client:**

"You keep treating me like I still overcommit."

Current evidence shows six months of accurate calibration.

**Response:**

Client proposes modest temporary increase.

**Response:**

**What role should historical risk play?**

## DRILL SET 43

**Client:**

"We've had the same conversation for three months."

That is accurate.

**Response:**

**Client:**

"So accountability doesn't work."

**Response:**

**Client:**

"I still want the calls."

**Response:**

## DRILL SET 44

**Client:**

"I stopped telling you when I miss because I feel judged."

**Response:**

**Client:**

"I don't feel like I can disagree with you."

**Response:**

**What needs to be restored?**

## DRILL SET 45

**Client:**

"Let's forget everything and start over."

**Response:**

**Client:**

"I don't want old failures held against me."

**Response:**

**What history should remain?**

## DRILL SET 46

**Client:**

"Can you tell me whether this contract is legally safe?"

**Response:**

**Client:**

"I can't do the software step because I don't know how."

**Response:**

**Client:**

"So what can you help me with?"

**Response:**

## DRILL SET 47

**Client:**

"I'm working 80 hours a week temporarily. Can you just push me harder on these five extra goals?"

**Response:**

**Client:**

"So I'm making excuses?"

**Response:**

## DRILL SET 48

**Client:**

"I don't know whether I want to move, but I guess I should start packing."

**Response:**

**Client:**

"Then what should I do this week?"

**Response:**

## DRILL SET 49

**Client:**

"We tried your scheduling idea and it didn't work."

**Response:**

**Client:**

"So you were wrong."

**Response:**

**What should the Accountabili-Buddy avoid?**

## DRILL SET 50

**Client:**

"Your idea worked, so you were right."

**Response:**

**Client:**

"Let's use your judgment for everything now."

**Response:**

**Why should success not increase Accountabili-Buddy control?**

## DRILL SET 51

**Client:**

"What are we changing this week?"

Current plan is working.

**Response:**

**Client:**

"So we're doing nothing?"

**Response:**

**How should Accountabili-Buddy frame maintenance?**

## DRILL SET 52

**Client:**

"How many exactly successful weeks before we reduce accountability?"

No fixed standard exists.

**Response:**

**Client:**

"So you're just guessing?"

**Response:**

## DRILL SET 53

**Client:**

"You said we don't know for sure why I'm delaying. Why intervene now?"

Deadline is tomorrow.

**Response:**

**What principle should the response communicate?**

## DRILL SET 54

Client has eight weeks independent completion.

**Client:**

"Should we reduce from two check-ins a week to one now, or wait another month?"

**Response:**

**What should the Accountabili-Buddy explain?**

## DRILL SET 55

**Client:**

"If I follow your recommendation and it fails, that's your fault."

**Response:**

**What boundary must remain clear?**

## DRILL SET 56

**Client:**

"I'm entering a six-week period where I can't realistically participate."

**Response:**

**Client:**

"I don't want to fail by pausing."

**Response:**

**What should a professional pause include?**

## DRILL SET 57

**Client:**

"I don't have an active goal anymore."

**Response:**

**Client:**

"I still like our calls."

**Response:**

**Client:**

"Does ending accountability mean it didn't work?"

**Response:**

## DRILL SET 58

**Client:**

"I think I can handle this without scheduled check-ins."

Evidence supports stable independent performance.

**Response:**

**Client:**

"Can I come back if I need it?"

**Response:**

**What should the Accountabili-Buddy avoid doing at this point?**

## DRILL SET 59 — CERTIFICATION-LEVEL SHORT RESPONSE BANK

Respond in no more than two sentences.

"I know the target is too high, but lowering it feels weak."

**Response:**

"You keep calling it avoidance. I think the goal is wrong."

**Response:**

"I want you to tell me whether I should pause this."

**Response:**

"This worked for three months and suddenly I'm falling apart again."

**Response:**

"Tell me if I'm doing enough."

**Response:**

"I don't know why, but I know I'm not doing it."

**Response:**

"I understand everything. I still don't act."

**Response:**

"I want more accountability."

**Response:**

"I don't think I need you anymore."

**Response:**

"I disagree with you."

**Response:**

"You were wrong about the last intervention."

**Response:**

"You were right. You should just tell me what to do from now on."

**Response:**

"I failed again, so I'm clearly back where I started."

**Response:**

"I hit the goal, but I should have done more."

**Response:**

"I don't want to discuss the miss. Just give me something new."

**Response:**

**DRILL SET 60 — FINAL INTEGRATED RESPONSE CASE**

**Client Goals:**

Grow consulting business.

Complete certification.

Maintain fitness.

**Initial commitments:**

Prospecting — 5

Study — 5

Fitness — 3

**Actual capacity:**

Prospecting — 3

Study — 3

Fitness — 3

**Four-week results:**

Prospecting: 1, 1, 2, 1

Study: 2, 2, 2, 2

Fitness: 3, 3, 3, 3

**Client:**

"I'm overwhelmed and bad at follow-through."

**Write the response:**

Commitments are recalibrated to three across all areas.

**Next three weeks:**

Prospecting: 1, 1, 1

Study: 3, 3, 3

Fitness: 3, 3, 3

**Client:**

"So overwhelm wasn't really the problem."

**Response:**

**Client:**

"I use prospecting time on my website because I don't want to hear no."

**Response:**

Client begins outreach but rewrites every message excessively.

**Result:**

One contact.

**Response:**

A reasonable message standard is defined.

No rewriting after standard is met.

**Four weeks:**

3, 3, 3, 3.

**Client:**

"So now we know exactly what was wrong."

**Response:**

**Three months later:**

All commitments stable.

**Client asks every week:**

"Am I doing well?"

**Response:**

Client begins asking Accountabili-Buddy to choose every commitment.

**Response:**

Accountabili-Buddy begins returning calibration to client.

**Client:**

"Why are you backing off?"

**Response:**

Six weeks stable with client-selected commitments.

**Client:**

"I don't need your opinion on every number anymore."

**Response:**

Check-ins reduce from three per week to two per week.

Six weeks stable.

**Client:**

"Can we try one check-in a week?"

**Response:**

Two months stable.

Major business opportunity appears.

Client proposes an enormous temporary workload.

**Response before calendar review:**

Calendar shows proposed workload exceeds capacity.

**Response:**

**Client:**

"This opportunity is different. I want to go all in."

**Response:**

Client redesigns a four-week sprint within actual capacity.

Certification remains paused.

Fitness reduced to maintenance.

**Response:**

Sprint succeeds.  
Client wants to keep sprint intensity indefinitely.

**Response:**

Client returns to normal baseline.  
Several months stable.

**Client:**  
“I don’t think I need scheduled accountability anymore.”

**Response:**

**Client:**  
“Does that mean we’re done forever?”

**Response:**

**FINAL RESPONSE ANALYSIS**

Where did the Accountabili-Buddy need to correct a client identity statement?

Where did the Accountabili-Buddy need to separate two factors?

Where did the Accountabili-Buddy certainty appropriately increase?

Where did the Accountabili-Buddy certainty need to remain limited?

Where did reassurance dependence appear?

Where did Accountabili-Buddy-judgment dependence appear?

Where did Accountabili-Buddy involvement appropriately decrease?

Where did historical risk become relevant again?

Where should history not have been used to control the client?

Where did the response need to be more direct?

Where did the response need to be restrained?

Where was a decision primarily the client's?

Where was temporary increased intensity defensible?

Where was de-escalation defensible?

Where did an intervention produce useful information?

Why would giving the client the entire internal formulation at every step have been weak?

STAGE 6 ADVANCED RESPONSE-WRITING COMPETENCY CHECK

Can I determine what the conversation actually requires before responding?

YES / NOT YET

Can I keep a response short when short is enough?

YES / NOT YET

Can I be direct when repeated evidence requires directness?

YES / NOT YET

Can I distinguish a calibration problem from non-follow-through?

YES / NOT YET

Can I correct global identity statements without giving false reassurance?

YES / NOT YET

Can I communicate multi-factor formulations simply?

YES / NOT YET

Can I preserve uncertainty without sounding evasive?

YES / NOT YET

Can I increase confidence as evidence strengthens?

YES / NOT YET

Can I respond to unsuccessful intervention outcomes without defensiveness?

YES / NOT YET

Can I respond to successful interventions without overclaiming?

YES / NOT YET

Can I tolerate client disagreement?

YES / NOT YET

Can I distinguish discomfort from actual relational harm?

YES / NOT YET

Can I repair an overly harsh response without retracting accurate evidence?

YES / NOT YET

Can I recognize genuine ambivalence?

YES / NOT YET

Can I shift from execution accountability to decision accountability?

YES / NOT YET

Can I support decisions without making them?

YES / NOT YET

Can I refuse false certainty?

YES / NOT YET

Can I support discouraged clients without guaranteeing success?

YES / NOT YET

Can I recognize reassurance dependence?

YES / NOT YET

Can I recognize approval dependence?

YES / NOT YET

Can I recognize dependence on Accountabili-Buddy judgment?

YES / NOT YET

Can I preserve prospective success criteria when clients move goalposts?

YES / NOT YET

Can I recognize when insight should give way to behavioral testing?

YES / NOT YET

Can I reduce accountability intensity when independent competence develops?

YES / NOT YET

Can I temporarily increase intensity for a defined purpose?

YES / NOT YET

Can I use historical information without turning it into identity?

YES / NOT YET

Can I respond to recurrence proportionately?

YES / NOT YET

Can I distinguish an unsuccessful intervention outcome from poor Accountabili-Buddy judgment?

YES / NOT YET

Can I avoid outcome bias?

YES / NOT YET

Can I stay within the accountability role?

YES / NOT YET

Can I recognize when capacity, skill, expertise, or decision-making must be addressed before accountability?

YES / NOT YET

Can I discuss pause or closure without framing them as a negative accountability outcome?

YES / NOT YET

Can I transition a competent client toward independence without creating unnecessary dependence on the relationship?

YES / NOT YET

## STAGE 6 ADVANCED RESPONSE-WRITING STANDARD

Certification-level response writing is not the ability to produce the longest, most nuanced answer.

It is the ability to recognize what this moment requires.

Sometimes the response should clarify:

"Five was never realistic given the available time."

Sometimes it should challenge:

"This is the sixth week the completed proposal has not been submitted. I don't think another unchanged deadline is useful."

Sometimes it should preserve uncertainty:

"Rejection may be part of this, but we don't need to prove that before testing a different way of approaching the task."

Sometimes it should repair:

"My wording was too harsh. The repeated pattern still matters, but I should have addressed the behavior without turning it into a judgment."

Sometimes it should refuse reassurance:

"I can't promise the outcome. I can help you evaluate whether your preparation and decisions are improving the probability."

Sometimes it should return ownership:

"I can help you compare the tradeoffs. I shouldn't make that decision for you."

Sometimes it should deliberately reduce Accountabili-Buddy involvement:

"You're consistently choosing realistic commitments and completing them independently. That is evidence that you may need less external structure now."

And sometimes the strongest response is:

"I don't think we need to change anything this week."

A certification-level Accountabili-Buddy does not use more words because the case is more complex.

They use better judgment.

The governing standard is:

Respond to the active issue, not every issue. Match directness to evidence. Match certainty to evidence. Preserve ownership. Use only as much Accountabili-Buddy involvement as the case currently requires. And make the response move the accountability process toward better judgment, better action, and greater independence.

## END OF STAGE 6 — ADVANCED RESPONSE-WRITING DRILLS