CONTACT SEVEN OF SEVEN · 20 MINUTES · PHONE · BY DAY 75

The Caregiver Reset

The Held Call

Sixty days in, on your own. What is still running, and what quietly stopped.

Name: _____ **Date:** _____

This is the call we booked in Session Four. By now you have been running your own plan for roughly eight weeks, which is longer than the coached part of this program lasted.

Fill this in before we speak. It takes ten minutes and it makes the twenty we have worth something.

WORKSHEET 13 — THE SIXTY-DAY CHECK

WORKSHEET 13

An honest inventory, not a report card

Some of the plan will have stopped. That is normal and it is the most useful thing on this page, because what stops tells us where the real pressure is — and the last stretch should be built around that rather than around what was easy.

Date: _____ **Days since we started:** _____

Which part of the ninety-day plan is actually running:

Which part quietly stopped — and roughly when:

What was happening in the week it stopped:

The marker

Has the relapse marker appeared? Yes ☐ No ☐ Nearly ☐

If yes — what I did about it:

If nearly — what pulled it back:

The last thirty days

The one thing Days 61 to 90 need to hold:

What I am letting go of for the rest of this stretch:

Anything that now belongs to a therapist rather than to this plan:

The community: using it ☐ lapsed ☐ never started ☐

If lapsed — one thread or session I will go back for:

Day 90 retake confirmed for: _____

WHAT HAPPENS ON DAY 90

You take the assessment a third time and send me the numbers. I write back: what the three scores say, what you built that is still standing, and what the next ninety days are asking of you — in one sentence, in your own plan's language.

No call. You have the plan, you have run it for two months without me, and that is the point.

AND THEN

Your community access runs six months from the day we started, so it is there well past Day 90. If what you need at that point is another block of coaching, or a therapist, I will say so plainly — same as I would have in week one.