

Purpose

This script gives brothers a **clear, repeatable structure** for honest conversations - especially when things are busy, messy, or tense. It is not a performance. It is simply a **framework to protect truth, honour and brotherhood.**

You can use it:

- For weekly or monthly check-ins
- Before or after a major decision
- When there has been tension, distance or silence

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Step 2 - Reality Check (5-10 minutes each)

Goal: say clearly where you really are - no spin, no pretending.

Use this simple template:

1. State your headline:

- "Headline: I feel stretched and close to burnout."
- "Headline: I am excited about this new opportunity but unsure if it's wise."

2. Name your top 3 realities:

- "Financially..."
- "Emotionally..."
- "Spiritually..."

3. Identify any pressure points:

- "The biggest pressure right now is..."
- "What keeps me awake at night is..."

No one interrupts. No fixing yet. Just listening to understand.

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Step 4 - Decisions & Commitments (5-10 minutes)

Goal: leave with clear next steps - not just good feelings.

Each brother answers:

- **1. What am I deciding?**
 - "*I will speak to my wife about this by Friday.*"
 - "*I will say no to this deal, even though it looks lucrative.*"
- **2. What will I do in the next 7 days?**
 - "*I will send you an update message by Wednesday evening.*"
- **3. What support do I need from you?**
 - "*I need you to challenge me if I start to drift from this decision.*"
 - "*Please ask me specifically about my thought life next week.*"

Agree **one concrete follow-up date**.

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Step 6 - Follow-Up Rhythm

To keep this script alive:

- Use it **weekly for crisis seasons, monthly for normal seasons.**
- Keep a simple log: date, headline, decisions.
- Review: "*What have we kept? Where have we drifted? What needs repairing?*"

This is how brotherhood moves from **good intentions to disciplined loyalty**.