

## 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**.