NEW DAY RECOVERY

Session 27 Handout

Trust Ledger

From Session 27. Trust is a prediction. We control exactly one variable: the evidence. Small is not insulting — it is calibrated.

Name: _____ **Date:** _____

Relationship: _____

Micro-commitment (small, dated, observable)	How often	Evidence (kept-call log, arrival times, payment receipts, workbook ticks)

My miss protocol: "If I miss, I will tell _____ within _____ hours, in these words: _____"

A self-reported miss, with the repair, builds more trust than a perfect streak later exposed as edited. The ledger is for you and your accountability person — never present it to the injured party as leverage.

Homework: run the ledger for the next 21 days (it continues into your 90-day plan). Log every kept and missed commitment daily; use the miss protocol at the first miss, not the fifth. Bring the ledger to Session 30.