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Sample only. Nathan is a fictional client, and the session content is invented to show the format.

261124M – 0700-0800 – SAMPLE – 1) Being at home when you're at home 2) Sharing the weight of decisions 3) Resting in God's care

You might start with dinner: phone in the drawer five nights this week, one more than the four you managed last week.

Ultimate Goals

- "Be at home when I'm at home."
- "Master my craft and build a practice worth what I pour into it."
- "Trust that God is carrying this, not just say it."

What Actually Happened in the Session

- You used the phone drawer at dinner on four of seven nights and took client calls on the other three.
- You shared that at Saturday's game you stepped away for a client call, and your wife Janey said, "You're here but you're not here."
- We ran CHEW on that moment, and you chose to ask your colleague Patrick, another solo attorney, to cover your phone for two hours, and to offer to cover his at a time that works for you both.

Shifts I Named or Pushed

- You said, "I think I'd let it go to voicemail, and nothing would break." I named it as your first picture of not being the only safety net.
- You said that if Patrick missed a call, "that's on me." I pushed gently: what is the worst that happens in a two-hour window?
- You shared that you left your phone in the car for Sunday's service. I named it as a step you chose.

The Likely Deeper Beliefs Underneath

- Security: if someone else covers a call and misses something, the harm is still mine to answer for.

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- Value: being reachable at any hour is part of being a capable lawyer.
- Significance: my clients count on me, so two hours away leaves them alone.

Our Best Guess at Your Core Belief

- It sounded like a belief underneath may be: “Everything depends on me, and if I let up, someone gets hurt.” If that is so, a counter to that belief could be “God’s steadfast love holds what you can’t” (Lamentations 3:22).

Where it showed up today: you said that if Patrick missed a call, “that’s on me.”

This is our best first guess. If it doesn’t fit, tell me and we’ll change it.

Key Insights and How to Live Them

“It stung because it’s true.”

- Personal: you might ask Janey what being “here” looks like at a game, then listen without fixing.

“It felt quiet for a second.”

- Personal: this Sunday, you might leave your phone in the car again and notice when the quiet shows up.
- Vocational: you might set a daily two-hour window when voicemail takes calls, and add one line to your greeting to let people know when you respond to voicemails.

Ultimate Goals and How This Session Moves You

- “Be at home when I’m at home”: you kept the phone in the drawer four of seven nights. Weekend calls still win, so the next game is the next place to practice.
- “Master my craft and build a practice worth what I pour into it”: Patrick covering a two-hour window is your first structure outside yourself, and it could become protected time to sharpen your work. The gap is that you haven’t yet tested whether nothing breaks.
- “Trust that God is carrying this, not just say it”: you described a quiet moment during CHEW. It is a taste so far, and the habit is still ahead of the head knowledge.

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What Will Help You Reach the Goal

- Put the coverage plan on one page: hours, who calls whom, what counts as urgent. Pattern: you solve things by taking on more. Trap: a loose “call me if anything” that keeps you on watch.
- Run a two-week test of the two-hour window, and write down what actually broke. Pattern: reachable feels like capable. Trap: counting each missed call as proof before the two weeks end.
- Use CHEW’s Hear step out loud before you answer an after-hours call. Pattern: you act first and feel later. Trap: jumping to the fix before you hear.

Next Steps Before Our Next Session

- ☐ **Start here:** at dinner, you might put your phone in the drawer five nights this week, one more than last week.
- ☐ When you call Patrick on Thursday, you might ask him to take your calls from 5 to 7 p.m. for two weeks, offer to take his at a time that works for you both, and bring a one-page outline.
- ☐ When you pull into the next game, you might leave your phone in the car for the first half.

CHEW Reflection Questions Until Next Session

- If I really believed God’s love is steady and doesn’t depend on how fast I answer, how would that change the next call that comes during dinner?
- If I really believed God’s love is a refuge for my clients as well as for me, how would that change what I think a missed call means?
- Two-minute practice: you might sit with your phone in the drawer and pray one verse as God speaking to you: “God is our refuge and strength” (Psalm 46:1).

Potential Next Session Topics

- What counts as urgent, and what can wait until morning.
- One honest talk with Janey about what “here” looks like.
- What you reach for at night when your mind won’t switch off.

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The Last Thing We Talked About

We ended on Thursday's call, and you said you wanted to carry the picture of nothing breaking into the weekend.

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