



ROADWORTHY · FREE SELF GUIDED PROGRAM · MODULE 7 OF 7

Staying roadworthy.

Final module. Seven weeks ago the dash was dark; now you can read every light on it. Tonight we make sure that survives contact with the months ahead — because the case will end, but the pressure has more rounds in it, and so do you.

The stack you built

Take stock before you plan. Over six modules you built: a daily noticing habit (the dashboard word), a personal dashboard with your five lights and earliest tells, three mapped triggers with pre loaded responses, the park it protocol for the 2am loop, the physiological sigh and the gap, a changeover service check, a named grief and a carrying practice, the six don'ts with a rehearsed repair, and the Still Standing weekly check. Most men never get taught one of those. You now run all of them — and your Module 1 before photo is waiting to show you what seven weeks of reps are worth.

WHICH TWO SKILLS CHANGED MY WEEKS THE MOST

The case ends. The skills don't.

Here's the strange gift buried in the hardest chapter of your life: the skills this process forced you to build — regulation under provocation, reading your own state early, naming emotions accurately, staying steady when everything in you wants to fire up — are the same skills that predict better outcomes across work, health and relationships generally. Most men are never made to build them. You were. That's brutal and unfair, and it's also the one part of this you keep forever. At work. In whatever comes next. And most of all in the years of fathering still ahead of you.

Staying roadworthy isn't a finish line. It's rego. You renew it, on schedule, for the people who ride with you.

PART ONE

Your relapse signature.

Pressure will spike again — a hearing, a cancelled changeover, a letter out of nowhere. When it does, your engine won't fail randomly. It fails in a signature order, the same order every time, and knowing yours is the whole early warning system.

Find the order

Think back over this whole process — the worst stretches. What went first? For some men it's sleep, then the fuse, then the withdrawal. For others it's the group chat going quiet weeks before anything else shows. Your Module 2 dashboard and your Still Standing checks from recent weeks are your data here. The first domino matters most: it's the one light that, when it flickers, means the sequence has started — and catching the first domino is cheap. Catching the fourth is not.

Workshop exercise 7.1 — the signature

MY SIGNATURE ORDER (WHICH LIGHTS, IN WHICH ORDER)

MY FIRST DOMINO — THE EARLIEST RELIABLE SIGN

MY IF THEN PLAN: IF MY FIRST DOMINO SHOWS, THEN I WILL...

Connection is the load bearing wall

One finding to leave the program on, because it protects everything else you've built: isolation is the single biggest threat to all of it. The skills hold better in men who stay connected — and “connected” has a concrete, unfussy definition: one person you tell the truth to semi regularly, one group where you don't have to explain the whole story (the Workshop's seat is standing), and one activity that puts you shoulder to shoulder with other humans. Write it like a script, because it is one. Blokes don't drift into connection; they schedule it or they lose it.

MY PRESCRIPTION — ONE PERSON · ONE GROUP · ONE ACTIVITY

PART TWO

The seven domains worth tracking.

In the facilitated program these seven domains are measured before and after, and every man receives a plain English report of what shifted. Self guided, they're still yours to track — here's the map.

DOMAIN	WHAT IT TRACKS
Overall load	How heavy things have been. If your matter is still live, this one may still read high — that's the situation, not you failing. The trajectory is the story.
Reading the dash	How clearly you see what's happening inside. This is the skill every other one depends on — and for most men, the biggest mover.
Handling the heat	What you can do once a feeling arrives. Your Module 4 toolkit, in numbers.
The loop	How much the replays run you. Paired with the park it pad.
Dad confidence	Steadiness with and for your kids. The score your kids feel.
Connection	Who's riding with you. If this one reads low, your prescription from last page is the fix.
Week by week	Your mood, confidence and stress sliders across the seven weeks — the trend line, not any single week.

If the measured version — validated check ins, a written report, a small group and a facilitator — sounds like the next step, the waitlist at roadworthydads.com.au takes sixty seconds, and waitlisted men hear first.

After Module 7

The Workshop runs monthly — no agenda, and your seat is standing — join the mailing list at roadworthydads.com.au to hear when the next one runs. Still Standing keeps running weekly on your usual day; it caught things during the program and it keeps catching them after. One on one mentoring is available if a stretch ahead needs it — register interest through the site. And if the road gets properly heavy at any point, the service pathway you learned in Module 5 doesn't expire: GP, MensLine 1300 78 99 78, and us.

A man who needs a service down the track isn't a program failure — he's the system working. Pulling in early is the most roadworthy move there is.

THE LAST TOOL

The maintenance plan.

Fill it in now, photograph it, and sign it — not for us, for you. This is the document you pull out the day the first domino flickers.

RHYTHM	MY COMMITMENTS
Daily	Dashboard word · sigh at my anchors ·
Weekly	Still Standing check (day: ____) · one connection act ·
Monthly	After visit pattern read · dashboard audit ·
If my first domino shows	Then I will:

My connection prescription — person: _____ · group: _____ · activity: _____

Signed (to myself): _____ Date: _____

Knowledge check — Module 7

T / F The skills built here expire when the legal matter ends.

T / F Everyone's engine fails in a signature order, and knowing your first domino is an early warning system.

T / F Isolation is one of the biggest threats to maintaining these gains.

T / F A maintenance plan should include daily, weekly and monthly checks.

T / F Needing a service down the track means the program failed.

ONE LAST THING

Seven weeks ago you signed up to a program built by a sister and brother at a kitchen table, for one bloke who needed it. You finished it. Whatever the road ahead holds — hearings, changeovers, the long quiet stretches — you're driving it serviced now, and you know where the workshop is. Stay roadworthy. Your kids are riding with you.

Psychoeducation, not clinical treatment or legal advice. Any hour, always: MensLine 1300 78 99 78 · Lifeline 13 11 14 · Dads in Distress 1300 853 437 · Emergency 000.