

COURT IN 30 DAYS?



THE EMERGENCY COURTROOM PREPARATION CHECKLIST FOR FATHERS



- ✓ DOCUMENTS
- ✓ COURTROOM PREPARATION
- ✓ COMMUNICATION
- ✓ EMOTIONAL CONTROL
- ✓ SOCIAL MEDIA
- ✓ MINDSET & FOCUS



ECCS™

EMERGENCY COURTROOM
CONDITIONING SYSTEM™

EDUCATIONAL ONLY. NOT LEGAL ADVICE.

**Court in 30 Days?
The Emergency
Courtroom Preparation
Checklist for Fathers**

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THE ACTUAL CHECKLIST

Use checkbox style.

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SECTION 1

DOCUMENT PREPARATION

- ☐ **Organize court documents**
- ☐ **Review previous orders**
- ☐ **Print important communications**
- ☐ **Gather payment records**
- ☐ **Prepare timeline of events**
- ☐ **Avoid bringing irrelevant emotional material**

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SECTION 2

COURTROOM PRESENTATION

- ☐ **Prepare courtroom attire**
- ☐ **Remove distracting accessories**
- ☐ **Practice calm posture**
- ☐ **Prepare respectful communication**
- ☐ **Avoid interrupting**
- ☐ **Arrive early**

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SECTION 3

SOCIAL MEDIA CLEANUP

- ☐ **Remove emotional posts**
- ☐ **Avoid online arguments**
- ☐ **Stop posting about the case**
- ☐ **Review tagged photos/comments**
- ☐ **Avoid reactive livestreams/videos**

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SECTION 4

EMOTIONAL PREPARATION

- ☐ **Sleep properly before court**
- ☐ **Avoid emotional texting**
- ☐ **Prepare talking points**
- ☐ **Practice emotional control**
- ☐ **Focus on structure, not revenge**
- ☐ **Stay child-focused**

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SECTION 5

ECCS™ MINDSET RESET

- ☐ **Court is structure**
- ☐ **Preparation affects perception**
- ☐ **Emotional control matters**
- ☐ **Communication matters**
- ☐ **Behavior matters**
- ☐ **Stay composed under pressure**

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**If your court date is approaching and
you feel mentally, emotionally, or
behaviorally unprepared...**

**ECCS™ was created to help fathers
prepare differently.**

**Learn more about the ECCS™ 90-Day
Courtroom Readiness Transformation.**

www.e-4men.com

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