

The Agreement Nobody Made

CHAPTER 1 / *Same Plan?*



Which expectation is operating?

Choose one recurring task, not every relationship at once.

Consider who organizes, pays, remembers, offers space, checks in, or finishes the work. Include something you enjoy doing; a useful role is not automatically a burden.

Expected of whom?	What action?	How do I know?

Which expectation is spoken? Which have I inferred?

What would I need to confirm before calling this an agreement?

Use a broad label if the details are private. A pattern can support a question without proving what someone meant.

Draw the outline of my yes

Choose one real offer, without filling every gap.

The task or contribution I am offering

When it begins and ends

What completing it would look like

What is outside this offer

Be specific enough for the other person to plan. An offer can include flexibility, but flexibility also needs a shared meaning.

Keep the answer, review the conduct

Practice with one ordinary request.

My answer / any responsibility I must address

How I will acknowledge their response

Afterward: what did each of us actually say or do?

What I will keep, reconsider or repair

Evaluate the answer and your conduct separately. You can keep a no while repairing a harsh delivery, or revise a decision because new information changes it. Approval is not the only measure.

Next: Your Boundary Is Not My Verdict. We will turn the scene around and explore receiving another person's limit without making it a final statement about our worth.
