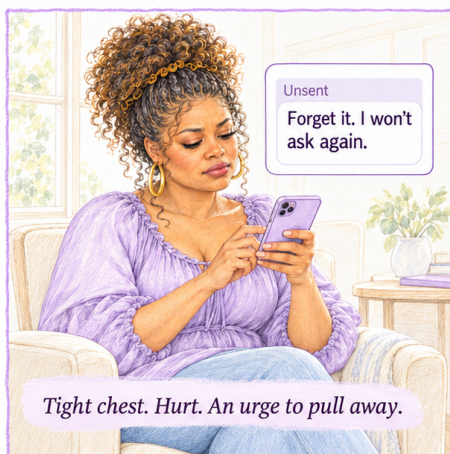


One moment, several layers.

Before you decide what it means, notice what happened.



A moment can contain an event, an interpretation, a feeling, an urge, and an action. They may arrive almost together. Writing gives you room to examine each one.

You can take your experience seriously while leaving room for what you do not know.



What would a camera capture?

Start with details someone else could observe.

Maya's first sentence

"She doesn't respect my time."

The observable details

"We planned to meet this afternoon. She canceled by text. She also canceled our previous plan. I had kept the afternoon free."

The second version gives Maya something specific to work with. Her disappointment matters, too; she will name it separately.

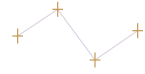
What happened?

Include what was said or done, when it happened, and what you did.

Which details am I certain about?

What would I need to check?

Exact words help when you remember them. If you are paraphrasing, say so.



What supports this thought?

Give supporting and complicating evidence a fair hearing.

Maya's thought: "My time doesn't matter to her."

What supports her concern: "She canceled twice. I reserved time for both plans. Rescheduling has affected my afternoons."

What complicates her conclusion: "She asked to choose another day. That suggests interest in meeting, although it does not establish that she will follow through."

What remains unknown: "I do not know why she canceled or what she thinks about my time."

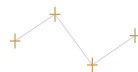
My thought to examine

What specific evidence supports it?

What evidence complicates it or points toward another explanation?

What can I reasonably conclude so far?

Do not invent reassuring evidence. Repeated behavior counts. You can respond to its impact without proving someone's motive.



One small experiment.

Choose a behavior you can observe, then see what it teaches you.

Maya's experiment: "I will send one clear message about the impact and ask her to propose a day. I will leave the next suggestion with her."

Maya's prediction: "She may think I'm being difficult." That is a prediction, not an outcome Maya has observed.

What specific action will I try?

Make it small enough to do and clear enough to recognize.

What do I predict will happen?

What will I watch for to learn what actually happens?

Choose a workable, appropriate step. You do not need to confront someone or take a risk to complete this page.