

What am I actually promising?

Maya notices. She chooses a next move.



JO: "Could you handle the welcome materials?" MAYA: "I can help."



Maya meant a wording review. Jo expected printed packets.



MAYA: "Let's name the file, the owner, and the deadline."

Bring a real situation

Use a current request, expectation, or vague promise.

What did someone ask, or what did I say I would do?

What do I think “done” means?

What might the other person think “done” means?

What have we actually confirmed?

Test the offer you want to make

Write the real conditions, not the ideal version of your week.

The promise I am considering is...

How much time will it take? Where is that time?

What else already has a claim on that time?

What or whom do I depend on?

My repair record • facts

Choose one missed commitment. Begin with an observable sequence.

What was the agreement? With whom? By when?

What happened, in order?

What do I know about the effect? What must I ask?

What explanation matters without canceling my responsibility?
