What I know vs. what I added.

Choose one interaction that is still on your mind. Short phrases are enough. Every answer is optional. Take the time you need.

01 What happened?

Describe only what a camera or recording could capture.

The words or actions I observed

02 What did I add?

What meaning, motive, or prediction did you attach to it?

The meaning I added

03 What supports my interpretation - and what am I still unsure about?

Look at the interpretation you wrote in Step 2. What did you notice that led you to that conclusion? What information are you missing?

What led me to that conclusion

What I'm still unsure about

What I know vs. what I added.

Continue with the same interaction. You can be curious and still keep a boundary.

04 Could there be another explanation?

Write one other explanation that could fit what happened. You don't have to believe it - or decide your first interpretation was wrong.

Another explanation that could fit

05 What could I ask?

Try a question that checks your interpretation without making an accusation.

A question I could ask

06 What do I want to do next?

Knowing what you know - and what you're still unsure about - what could you say or do? You might ask a question, take a pause, explain what you need, apologize, or set a limit.

One thing I could say or do next

My interpretation may be right. I can check it before I treat it as fact.