



SEE THE PATTERN

What Else Is Here?

A simple pattern-spotting worksheet • Start with this completed example.

One short reply. A whole story.

Situation: I sent a message and received the reply “Okay.” I noticed the missing emoji and started wondering whether I had upset them.

PROGRAM - What I learned to expect

“Short replies mean someone is upset with me.”

FILTER - What stood out

Possible signs of disapproval mattered most.

ATTENTION - What I noticed

The short reply and the missing emoji.

PREDICTION - What I thought would happen

“I have done something wrong. They might pull away.”

RESPONSE - What I did or wanted to do

I kept checking my phone and wanted to apologise.

EVIDENCE - What actually happened

So far, I only know they replied “Okay.” Their feelings are unknown.

Open the picture

What else is here? They said earlier they were busy. They replied quickly.
What do I know? A reply arrived. What am I guessing? That they are angry.
What could I do? Carry on with my day; ask one clear question if needed.



YOUR TURN

Catch the old path

Choose one small, recent situation. A few words in each space is enough.

1. What happened?

Write only what you could see or hear. Example: "They replied Okay."

2. What had I learned to expect?

Example: "When someone is brief, I expect they are annoyed."

3. What detail grabbed my attention?

Example: "There was no emoji."

4. What did I think would happen next?

Example: "They will stop talking to me."

5. What did I do - or feel like doing?

Example: "I wanted to send another message asking if they were upset."

If you do not know an answer, write "not sure" and keep going.



CHOOSE AND OBSERVE

Give yourself a fuller picture

Use the same situation. Leave the last two answers until after you try your next step.

1. What else is here that I may have overlooked?

Example: "They told me they were busy. They replied straight away."

2. What do I know for sure?

Example: "They replied. They have not said they are upset."

3. What am I guessing?

Example: "That a short reply means I did something wrong."

4. What is one small response I can choose?

Try: wait, ask one clear question, keep a boundary, or carry on with your day.

5. What actually happened after I tried it?

Example: "Later, they called and chatted normally."

6. What does this show me? What is still unknown?

Example: "This reply did not lead to rejection. I still do not know their earlier mood."

**You do not have to force a better story.
Give yourself a fuller picture.**
