

What Do I Know? What Am I Predicting? What Can I Do?

Use this when your mind is filling in missing information. Separate facts from predictions, then decide whether any useful action is actually available.

Facts -> Predictions -> Actions -> Uncertainty

COMPLETED EXAMPLE

The question or worry

What is your mind trying to figure out?

My partner has not replied for five hours, which is unusual. Is something wrong between us?

1. What I know

Observable facts. What could a camera, record, or reliable source confirm?

We spoke normally this morning. My last message was not an argument. They have had a busy workday. I have not received any message saying something is wrong.

2. What I am predicting

Guesses, assumptions, interpretations, feared outcomes, or mind reading.

They are upset with me, losing interest, or deliberately ignoring me.

3. What I can do

A useful action, question, plan, boundary, or information source - if one exists.

Wait until later this evening. If I still need to check in, send one normal message rather than several reassurance-seeking texts.

What remains uncertain?

Write the part you cannot reliably know yet, even after reasonable action or information gathering.

Why they have not replied and what they are doing right now. I cannot know that until they respond.

Enough information rule

What would count as enough information to move forward?

No relationship decision is needed based on a few hours of silence. One check-in is enough if the delay continues.

What can stay unanswered for now?

Name the question you are willing to carry without solving immediately.

Why the reply is delayed. I can let that question remain open until there is actual information.