

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

The question or worry

What is your mind trying to figure out?

1. What I know

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

2. What I am predicting

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

3. What I can do

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

What remains uncertain?

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

Enough information rule

What would count as enough information to move forward?

What can stay unanswered for now?

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