



Should I Reach Out? - Live Worksheet

45-Minute Behavior Over Hope Decision Lab

ONE SITUATION. ONE DECISION. NO MIND-READING.

Use this during the live session. Short phrases are enough. The goal is not to prove what another person feels. The goal is to decide your next move from observable evidence.

1. THE SITUATION

What exact text, call, silence, breakup, mixed signal, or contact decision are you replaying?

2. KNOWN

Only observable facts. What actually happened?

3. UNKNOWN

What are you guessing, predicting, or mind-reading?

4. PATTERN + EVIDENCE

Across more than one moment, what keeps repeating? What has actually changed - if anything?

5. CHOOSE THE NEXT LANE**[] REPLY**

There is a clear practical reason, new information, or direct question that deserves a response.

[] WAIT

Urgency is high, but nothing important becomes worse if you pause and reassess later.

[] STOP REOPENING

Reaching out would mainly restart a loop that the current evidence does not justify reopening.

6. MY NEXT 24-HOUR ACTION

Write the smallest action you control: reply, wait until a specific time, mute/archive, stop checking, or another concrete boundary.
