



Before you reply.

90-Second Facts versus Story Worksheet

Choose one current message or contact decision. Short phrases are enough.
Leave motives unknown. Give the next action a reason you can actually name.

01 FIRST 30 SECONDS

FACT / WHAT I KNOW

What did they actually say or do?
Include direct words, actions or dates.

02 NEXT 30 SECONDS

STORY / STILL UNKNOWN

What meaning am I adding?
A motive, prediction, hope or fear.

03 FINAL 30 SECONDS / CHOOSE ONE NEXT ACTION

What practical information or action is actually needed now?

☐ Reply to practical details ☐ Wait / leave draft unsent ☐ Seek support

My next action or boundary:

A feeling can be real while its explanation is still unconfirmed.

EXAMPLE FACT: A friendly message arrived; no plan was made.
STORY: This means they want the relationship back.
NEXT ACTION: Check whether a practical reply is needed; leave motives unknown.

For optional contact only. If safety, children, a deadline, or legal/medical duties are involved,
use appropriate support and meet your obligations. Do not delay urgent action to complete this sheet.

OPTIONAL / IF YOU WANT MORE STRUCTURE

Pattern Breaker Decision Kit: six tools + 12 messages + printable and fillable PDF.

\$7 one time separationcontrol.com/decision-kit/