

MIXED SIGNALS REALITY AUDIT

A Separation Control worksheet for separating warmth from actual choice.

Mixed signals feel confusing because real affection can coexist with inconsistent behavior. This audit helps you stop grading each moment separately.

Step 1 - Record only observable behavior

For each recent interaction, write what actually happened without interpreting motive.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2 - Sort the signals

Feeling signals

Affection, chemistry, compliments, missing you, emotional intensity, apologies, promises.

Examples I have received: _____

Choice signals

Making room for you, following through, initiating, repairing, showing up, clear commitment, consistent access.

Examples I have received: _____

Step 3 - Ask the harder question

If I ignored what I hope these signals mean, what pattern would the calendar show?

Step 4 - Mutuality check

Who usually initiates? _____ Who repairs? _____ Who follows through? _____ Who carries uncertainty? _____

Step 5 - Decide from choice, not chemistry

Complete this sentence:

Whatever they may feel, what they are consistently choosing is:

You do not need proof that love is absent before deciding the current behavior is not enough.

Separation Control - Stop solving hidden feelings. Make your next decision from observable behavior.

Educational decision support only. Not therapy, diagnosis, crisis care, or legal advice.