



Finding Clarity

A simple way to sort what happened, what matters now, and what you need next.

Start here

- 1 Write the facts only: What happened? Who was involved? What changed?
- 2 Notice the impact: What am I feeling in my body and mind?
- 3 Separate facts from fears: What do I know, and what am I assuming?
- 4 Choose one question to carry forward: What information, support, or time would help me most?

Keep close

- My confusion makes sense when something has been hard.
- I do not need every answer before I take one helpful step.
- I can ask for clarification without apologizing.

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