CHECKLIST **Before I Assume**

Tick each box before you decide what the silence means.

- ☐ I've put my phone down for at least twenty minutes.
- ☐ I've named my feeling in one or two words.
- ☐ I've spotted my story (Angry-at-Me? Leaving-Me-Out? Another one?).
- ☐ I've picked three likely reasons from the ten-reasons list (Chapter 12).
- ☐ I've compared this to how this person usually texts.
- ☐ I've asked myself: would this bother me from a stranger?
- ☐ I know whether I actually need an answer, and by when.
- ☐ If I need one, I've written one kind, clear follow-up with a time.
- ☐ If I don't need one, I've decided to let it go on purpose.

The silence that bothered me most this week: _____

What it turned out to be (if I found out): _____

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