

Name the moment

Use this map when a conversation or transition leaves you unsure what happened. It is a reflection tool, not a diagnosis or a substitute for personal support.

What happened?

Write the specific words and actions. Separate what you saw from what you inferred.

What did I expect?

What did I think should happen? Where did that expectation come from?

What matters to me here?

Name the need beneath your reaction: clarity, respect, time, belonging, trust, or something else.

Look again

Culture can shape a moment, but so can personality, context, power, stress, and incomplete information. Hold more than one explanation before choosing a response.

Three plausible explanations

What cultural, personal, or practical factors could each be part of this moment?

What do I still not know?

Which assumption could I check instead of treating it as a fact?

A curious question

Write one question that invites clarity without assigning blame.

Choose a next step

You do not have to solve the whole situation at once. Pick one workable action and decide when you will revisit it.

A conversation I could try

Try: 'When ___ happened, I understood it as ___. What did you mean?' Rewrite it in your voice.

One small experiment

What will I ask, practice, change, or leave alone over the next week?

A check-in with myself

When will I review what happened, and who could support me if I need more help?