

#5 — BEFORE YOU DO IT, READ THIS

A clarity checklist for the moments when emotion tries to make the choice for you.

Use this when you're about to:

text back, walk away, commit, quit, apologize, stay, confront, or cave.

1. Am I acting from clarity or reacting from emotion?

Clarity waits.

Emotion jumps.

Your thoughts: _____

2. Is this action for my peace, or for their approval?

Peace feels steady.

Approval feels urgent.

Your thoughts: _____

3. Am I trying to express a truth or avoid a discomfort?

Truth is clean, even when hard.

Avoidance is messy, even when polite.

Your thoughts: _____

4. Will doing this honor who I'm becoming, or protect who I've been?

Growth has different requirements than survival mode.

Your thoughts: _____

5. If nothing changed after I did this, would I still feel good about it?

If the answer is no, wait.

You're acting for a reaction, not for yourself.

Your thoughts: _____

FINAL REMINDER:

If you have to talk yourself *into* the action, it's probably not aligned.
If the action brings relief just imagining it, you're on the right track.