

TORCH & SOUL

Trust What You Saw

The 7-Day Evidence Log

by Melissa Bilbruck | Torch & Soul

Before You Start

One moment can still feel like a coincidence. Even a bad one.

It's easy for a single night to feel like it might have had a reasonable explanation if you squint at it long enough.

A whole week doesn't work that way.

"One moment can still feel like an accident. Seven moments sitting next to each other in your own words can't."

This is not about building a case. It's not about catching anyone or proving anything to someone else.

It's about giving yourself a clear, honest record of what keeps repeating — written down in real time, in your own words, before any explanation has a chance to work on it.

Five minutes a day. Seven days. Same four questions each time.

Don't try to catch up and do three days at once. This works because you write it in real time — not because you fill in seven blanks in one sitting.

Small counts. Small is often where the truth is easiest to see — because it's too small for either of you to have prepared a story about it.

DAY ONE

Start Where You Are

Think about something that happened today, or in the last day or two. It does not have to be dramatic. It does not have to be the worst thing.

Just something you noticed. Something that landed somewhere before you had time to explain it away.

Write down what actually happened — facts only, no interpretation:

What happened. Where you were. What was said or done.

Write down what you believed before any explanation arrived:

The first read. What you thought in the moment, before anyone said anything.

Write down their response:

What they said or did when you reacted, asked, or just changed your expression. Their actual words if you remember them.

Write down what you believe now:

After everything they said — same as your first read, or different? If different, what changed it?

That's it for today. Four questions. Come back tomorrow with whatever happened next.

DAY TWO

Same Four Questions

Same format as yesterday. A different moment — or the same situation continuing, if that's what's happening.

You're not looking for the big dramatic incident. You're looking for what keeps showing up in ordinary moments.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

Two days in. Keep going.

DAY THREE

The Side-By-Side

Same four questions for today's entry first.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

Now do something different.

Go back to Day One and Day Two. Find the explanation they gave you — or the version of events they offered — in each entry.

Write them next to each other. Not the incidents. The explanations.

Explanation from Day One:

Explanation from Day Two:

Explanation from Day Three:

Do they follow the same shape? Do they blame the same thing, use the same language, redirect in the same direction?

You're not drawing conclusions. You're just looking at whether the explanations have a pattern the way the incidents do.

"You're not looking for proof. You're looking for whether the same explanation keeps showing up in different clothes."

DAY FOUR

The Midweek Gut Check

Before today's entry, read back everything you've written so far. Days One, Two, and Three.

Read it like it belongs to someone else. Like a friend handed you her notebook and asked you what you see.

What do you notice, before I ask you anything? Just what you notice, in your own words.

Write what you noticed reading it back:

Now today's entry.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

By Day Four most people start noticing something on their own before they're asked to look for it. That's not you reading into things. That's the pattern doing what patterns do — repeating.

DAY FIVE

Repaired or Reset?

Today's four questions first.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

Now look back at any moment this week where something felt like it got better. An apology. A warmer day. A conversation that ended without conflict.

For each one, ask this:

Did something actually change — or did the tension just lift?

Repair looks like: the specific thing that caused the problem got addressed. Something different happened after.

Reset looks like: the tension lifted, things felt better, and then the same pattern showed up again.

Write down which one it was, honestly, for each moment that felt like resolution this week.

"Reset feels like repair in the moment. The difference shows up later, when the same thing happens again."

DAY SIX

More of the Same or Something Different?

Today's four questions.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

Now look at the repair versus reset question from yesterday. And look at this week overall.

Is what you've been logging this week a continuation of what you noticed in The Proof You Already Have — or does it look different?

Same pattern, new incidents? Or something genuinely different happening?

Write what you see:

There is no right answer here. Genuinely different is possible. So is same pattern, new clothes. You're just being honest about which one it actually is.

DAY SEVEN

Read the Whole Week Back

Today's four questions first.

What actually happened:

What you believed before any explanation arrived:

Their response:

What you believe now:

Now read everything. All seven days. Start to finish.

Read it slowly. Like you're reading someone else's week, not yours.

When you're done, answer this one question — in your own words, as honestly as you can:

"Tell me the one sentence you'd say to a friend if she showed you these exact seven pages and asked you what you saw."

That sentence is the one to keep.

Not because it's a verdict. Because it's yours, and you arrived at it yourself, using what actually happened.

Write your one sentence here:

What This Means

You just spent seven days writing down what actually happened, in real time, before any explanation had a chance to work on it.

Whatever you saw in that final read — that's not a feeling. That's a record.

"The pattern showed up on its own because it was already there before you started writing."

You don't have to do anything with it today. You don't have to decide anything right now.

But you have something now that's very hard to argue with — your own words, across seven ordinary days, showing you what keeps repeating.

Keep these pages. Come back to them the next time an explanation starts working on you.

With truth and fire,

Melissa — Torch & Soul

Ignite Your Purpose. Fuel Your Soul.