

TRIGGERED OR INCONSISTENT?

7-QUESTION QUICK CHECK

Are you overreacting, or is something actually changing?

When something feels off, it is easy to get trapped between two explanations: “Maybe this is just my trigger.” Or, “No, something really is different.”

This Quick Check helps you slow that question down. You will answer seven short questions about what changed, what you can actually point to, and how much of your current conclusion still depends on unknowns.

WHAT THIS WILL NOT DO

This is not a diagnosis. It will not tell you what another person intended, whether someone is a narcissist, or whether you should stay or leave. It is designed to give you a clearer orientation for what deserves your attention next.

About 3-5 minutes

The 7 Questions

Choose the answer that best matches what you can support right now. Do not choose the answer that feels safest or most certain.

1. What made you start questioning this situation?

- ☐ I noticed a specific change, contradiction, or event.
- ☐ I felt a strong reaction, but I cannot point to a specific change yet.
- ☐ Both: a specific event happened and my reaction became intense.
- ☐ I am not sure what started it.

2. If you had to describe what happened without explaining WHY it happened, could you?

- ☐ Yes. I can name the observable event clearly.
- ☐ Mostly, but my interpretation gets mixed into it.
- ☐ Not really. I mainly know how it made me feel.
- ☐ I would need more time to remember the details.

3. Compared with what was normal before, did something observable actually change?

- ☐ Yes, clearly.
- ☐ Maybe. I can name a few changes, but I am not sure what they add up to.
- ☐ No clear external change. The biggest difference is how strongly I am reacting.
- ☐ I do not have enough information yet.

4. After you got more information, how settled did the original concern become?

- ☐ The new information reasonably explained what had concerned me.
- ☐ Some of it makes more sense, but something important still feels unresolved.
- ☐ The explanation did not settle the original concern.
- ☐ I still do not have enough information to tell.

5. How much of what you currently believe depends on filling in gaps?

- ☐ Very little. I am mostly relying on things I can directly point to.
- ☐ Some. I have observable information, but I am also making some inferences.
- ☐ A lot. The concern feels strong, but the observable information is limited.
- ☐ I cannot separate what I know from what I fear or suspect yet.

6. Which question is keeping you stuck RIGHT NOW?

- ☐ The story changed, or the explanation still does not fit what happened.
- ☐ I am worried the changes could involve someone else.
- ☐ They apologized, came back, got warm again, or suddenly changed, and I do not know what to make of it.
- ☐ The original issue keeps turning into what I did wrong.
- ☐ They went silent, pulled away, or disappeared.
- ☐ None of these. I still need to understand what actually changed.

7. What would help you most NEXT?

- ☐ A way to look at one changed story or contradiction without arguing myself out of what happened.
- ☐ A way to sort observable changes connected to possible infidelity without spying or guessing.
- ☐ A way to tell whether the apology or improvement is actually sustained repair.
- ☐ A way to keep the original issue visible when the conversation turns onto me.
- ☐ A way to understand what silence or withdrawal does, and does not, tell me.
- ☐ More time to observe before I draw a stronger conclusion.

What Your Answers Are Pointing Toward

This static version does not calculate a personalized route for you. Instead, use the descriptions below to identify which orientation most closely matches the pattern in your first five answers. You do not need to force a perfect fit.

REACTION-HEAVY

Your answers contain more internal activation than clearly described external change. That does not mean nothing happened. It means the external record is still thinner or less specific than the reaction.

One rule: Name what happened before naming what it means.

INCONSISTENCY-HEAVY

You can point to a change, mismatch, contradiction, or unresolved concern that exists outside the reaction itself. That does not prove motive or tell you what decision to make.

One rule: Do not let the strength of an explanation substitute for whether it actually accounts for the observable issue.

BOTH / MIXED

Something observable may be happening and your reaction may also be intense. Those two things do not cancel each other out.

One rule: Keep the reaction and the record in separate columns.

NOT ENOUGH YET

The information you have right now is too incomplete to support a stronger conclusion. There may be a real issue, or there may be missing context.

One rule: Let new information change the conclusion. Do not make uncertainty prove either side.

Now Look at Questions 6 and 7

Questions 6 and 7 are different. They are not trying to prove what happened. They help identify the question that is still active for you.

- **Changed story / explanation still does not fit:** The unresolved job is the contradiction itself.
- **Possible other person:** The unresolved job is sorting observable changes from suspicion and unknowns.
- **Apology / return / sudden improvement:** The unresolved job is whether the change is sustained repair.
- **The issue keeps turning back onto you:** The unresolved job is keeping the original issue visible.
- **Silence / withdrawal / disappearance:** The unresolved job is understanding what the silence does and does not support.
- **More observation:** The next job is not a stronger conclusion yet. It is getting clearer information.

IMPORTANT

If Questions 6 and 7 point to different problems, do not force them into one answer. That disagreement is information. Start with the question that feels most active, or give yourself more time before drawing a stronger conclusion.

Your Next Step

If the part that keeps replaying is a changed story, denial, contradiction, or explanation that still does not account for what happened, the next Torch & Soul tool is designed for that specific job: one event, one record, and a proportionate conclusion.

When Their Explanation Still Doesn't Explain It is a separate paid tool. It does the deeper one-event reasoning work this free Quick Check intentionally does not do.

If your active question is about another person, whether change is real, ongoing contact, silence/finality, or simply needing more information, do not force a changed-story tool to answer a different question.

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