

TORCH & SOUL

Is There Someone Else?

A guided clarity tool for when you suspect cheating but do not have proof.

Sort the changes. Separate what you know from what you fear. Decide what information would actually move the question forward.

No spying. No cheating score. No fake certainty.

by Melissa Bilbruck | Torch & Soul

Come back to what you know.

PART 1

The Question You Are Actually Trying to Answer

Something changed. You noticed it. And the question that keeps coming back is more specific than "Is something off?" You are wondering whether there is someone else.

You may have noticed a change in phone behavior, timing, availability, affection, social media, a story that shifted, or several smaller changes that started collecting in one place. None of those things, by themselves, prove cheating. But you do not have to erase a change just because you cannot yet prove its cause.

Your job here is not to prove there is another person. Your job is to see what the observable record does and does not support today.

By the end, you will have:

- the main changes organized outside your head
- the explanations compared with what actually happened
- what you know, suspect, fear, and still do not know separated
- a working view for today
- one next step that fits the record without spying or forcing certainty

You are not deciding the whole relationship here. You are answering one narrower question: what does the information I actually have justify me taking seriously right now?

PART 2

What Changed From the Baseline?

Start with difference, not meaning. What was normal before, and what is different now? A change is information. It is not automatically proof of why the change happened.

Possible change categories

- | | |
|---|--|
| ☐ Phone or device behavior | ☐ Timing or schedule |
| ☐ Availability or contact | ☐ Affection or intimacy |
| ☐ Social media behavior | ☐ Story or explanation |
| ☐ Money or spending | ☐ Other |

What changed?

What was normal before this changed?

When did you first notice it?

How often has it happened?

- ☐ Once ☐ A few times ☐ Repeatedly ☐ I am not sure

What did you directly see, hear, read, or experience?

Which changes seem to cluster together in time or context?

Repetition can increase the amount of information you have. It does not automatically establish the cause.

PART 3

What Happened vs. What Was Explained

An explanation can be reasonable and still be different from the event it is explaining. Put the two side by side so the explanation does not automatically replace the event.

WHAT HAPPENED: Write only what you directly observed.

WHAT WAS EXPLAINED: What explanation were you given?

What does the explanation reasonably account for?

What remains unexplained?

Was any new verifiable information provided?

Does the explanation conflict with an earlier known fact? If yes, name only the conflict.

Does this explanation change the another-person concern?

☐ It lowers the concern

☐ It leaves the concern about the same

☐ It increases the concern

☐ I still do not have enough information

Keep this narrow. You are not doing a full contradiction analysis here. You are asking whether the explanation changes the infidelity-related working picture.

PART 4

What Do I Know, Suspect, Fear, and Not Know?

This is where you stop uncertainty from masquerading as certainty in either direction. Suspicion is not proof. Fear is not proof. But lack of proof does not require you to pretend that observable changes never happened.

WHAT I KNOW: Facts or observations I can state without guessing.

WHAT I SUSPECT: Possibilities that fit some of what I have seen but are not confirmed.

WHAT I FEAR: The outcome I am most afraid might be true.

WHAT I STILL DO NOT KNOW: Questions that remain genuinely unanswered.

MY WORKING VIEW TODAY, in one sentence:

What new information would matter enough to change that view?

Come back to what you know. You are allowed to know what you know without pretending you know what you do not.

PART 5

Ask Now or Observe Longer?

The question is not whether asking is always better or waiting is always better. The question is which option is more likely to produce useful information from where you are now.

OPTION 1: ASK ONE CLEAR QUESTION

What specific unknown could one question clarify?

What would a direct answer actually help you understand?

What would still remain unknown even after the conversation?

Can you ask without pretending you already know the answer?

OPTION 2: OBSERVE ORDINARY LIFE FOR A DEFINED REASON

What naturally available information are you expecting more time to reveal?

How long would reasonably allow that information to appear?

What would you know then that you do not know now?

Is the wait producing information, or only extending anxiety?

BOUNDARY: Observing does not mean checking passwords, tracking locations, setting traps, using fake accounts, accessing private devices, hidden recording, or manufacturing evidence.

PART 6

What the Record Supports Today

This is the finish line. Complete it from the record you have now. You can revise it later if new verifiable information changes the picture.

The main changes I can directly point to

How often or consistently they have appeared

What the explanations reasonably account for

What remains materially unexplained

What I know

What I suspect

What I fear

What I still do not know

My working view TODAY

PART 6

Choose the Next Step That Fits the Record

- ☐ Ask one clear question
- ☐ Observe ordinary life for a defined reason
- ☐ Acknowledge the uncertainty without forcing an answer

If I observe longer, what am I waiting to learn and by when?

What new information would change my current view?

This page is not a cheating verdict. It is a record of what you can support today, what remains open, and what you are doing next because of that, not because of panic, pressure, or a need to force certainty.

Your result should land in one of three legitimate places:

MORE OBSERVATION NEEDED

There are changes worth recording, but too much remains unknown to make the feared explanation carry the whole conclusion.

MEANINGFUL INCONSISTENCY, CAUSE UNRESOLVED

Your concern is not based only on a feeling. There are observable inconsistencies. The cause is still unresolved.

STRONGER WORKING CONCERN

The record gives you a stronger reason to take the possibility seriously while remaining clear about what you still do not know.

None of these outcomes means "infidelity confirmed." None requires you to deny what you observed either.

BEFORE YOU CLOSE THIS

You Do Not Need to Force the Answer

You came here because the question "Is there someone else?" kept returning. The goal was never to make that fear true or false for you. The goal was to stop letting fear, explanations, pressure, or self-doubt do the reasoning in place of the record.

If the information is thin, let it be thin. If there are meaningful inconsistencies, let them remain visible. If the cluster is stronger, you can take that concern seriously without pretending you have proof you do not have.

You do not need another opinion. You need a record you can return to.

With truth and fire,

Melissa | Torch & Soul

Come back to what you know.

Ignite Your Purpose. Fuel Your Soul.

This guide is for reflection and educational use. It does not determine whether infidelity has occurred and is not a substitute for legal, mental-health, or safety advice.