

Before I Respond

Four perspectives. One situation. Room to think.

Choose one specific interaction. Write brief notes; leave unknowns as unknowns.

What happened? Include the date and what was directly said or done.



DOVE | Human impact

What hurts? What do I miss or want to preserve?
What would care for me and others look like here?



OWL | Evidence

What did I observe? What am I assuming?
What fact would change my next decision?



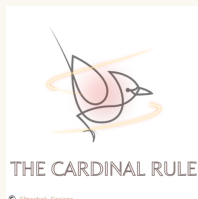
PEACOCK | Communication

Who actually needs to hear from me, and why?
What is the smallest accurate message they need?



EAGLE | Pattern & time

What repeats? What changes if it continues?
What could this response cost or protect over time?



The Cardinal Decision

Consider all four voices. Choose what happens next.

Read your notes. Which perspective needs more room before you act?

1. What must I preserve?

Name the people, capacity, trust, work, or responsibilities that need protection.

2. What access or boundary needs to change?

Consider information, time, availability, contact, or access to your work.

3. What is my next action?

Choose one action within your control. Include when, and support if needed.

4. What needs a response, and what can wait?

If a message is needed: name the recipient, purpose, and one clear sentence.

5. When will I review this decision?

Choose a date or new evidence to revisit. What would show that it is helping?

FIELD REFLECTION What did I make room for without leaving part of myself at the door?