

The Receiver Audit

For listeners: detect distortion before reacting.

Ask before reacting

What did they actually say?

Separate words from story.

What did my body hear?

Name the decoded impact.

What old label got activated?

Lazy, difficult, too much, selfish, abandoned, controlled, unsafe.

What evidence supports my interpretation?

Do not deny impact.

What evidence challenges my interpretation?

Do not crown impact as universal truth too quickly.

Am I reacting to the present or the past?

A new signal can activate an old file.

What clarification would help?

Ask to verify before rebroadcasting.
