

The Signal Decoder Worksheet

Separate what was said from what was heard before you react.

Use this before you reply, escalate, withdraw, punish, explain, or collapse into old programming.

The goal is not to deny the feeling. The goal is to separate the signal, the story, the wound, the projection, and the clean response.

Decode the signal

Situation title

Name the moment so your nervous system can see it instead of becoming it.

1. What was actually said?

Write the raw words or the closest accurate version.

2. What did I hear?

Write the decoded meaning your system received.

3. What did my body feel?

Notice heat, collapse, urgency, shame, anger, fear, tightness, numbness.

4. What did I make it mean?

Name the story or identity meaning attached to the signal.

5. What old label or wound got activated?

Too much, selfish, abandoned, controlled, not enough, unsafe, invisible.

6. What distortion might be present?

Trauma, bias, projection, fatigue, shame, family script, past betrayal, power fear.

7. What else could be true?

List at least two alternate interpretations before reacting.

8. What clarification is needed?

Ask a question that verifies the signal without accusation.

9. What clean response can I choose?

Protect dignity without escalating distortion.