

BONUS TOOL

The Truth Test

Five Questions That Separate The Pattern From The Truth

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A Bonus Tool Included With The Return

Save this page to your phone. Use it the moment something in you starts saying the vibe is off or something feels wrong with a man who has been treating you well and has given you no specific reason to doubt him.

Run through whether it is

1

Name the specific action or the specific words. A specific thing he said or did on a specific day. If you cannot name one concrete thing, the feeling is the pattern generating its own evidence, not information about him.

What to do: Write down what he actually did. If the page stays blank, stay.

2

Would I have been saying this about him last week?

If your feelings changed without a specific reason, something shifted in you, not in him. The pattern does not need a real trigger. It manufactures one from nothing when the relationship gets close enough to feel permanent.

What to do: Think back to last week. Were you more at ease? If yes, ask what changed and whether the change was really about him.

3

Have I felt this exact feeling with a good man before?

If this feeling is familiar, if you have felt this same specific unease about a man who was also treating you well, you are watching the pattern repeat. Familiarity of the feeling is the signal, not the evidence.

What to do: Name the last man you felt this about. Was he actually wrong for you, or did you leave something good?

4

Am I looking for something wrong or am I seeing something wrong?

There is a significant difference between these two. Looking is the pattern searching for an exit. Seeing is genuine perception of real evidence. Ask yourself honestly which one is happening right now.

What to do: Ask: if he had done nothing to make me doubt him, would I still be feeling this? If the answer is yes, you are looking, not seeing.

5

What would I tell a close friend if she described this situation to me?

The pattern that runs your own relationships does not run how you see others. You are more honest about what is happening in her relationship than in yours. The advice you would give her is almost always the honest answer you are avoiding for yourself.

What to do: Describe this situation as if it belongs to her, not you. Then give her the advice. That advice is for you.

If after running through all five questions there is still a genuine, evidence-based concern about this man, that is worth paying attention to. This tool is not for overriding real perception. It is for separating real perception from the pattern. You will learn to tell them apart with practice.