What happened?

Record one interaction at a time. Stick to what you observed.

Date / time / place

What happened? What was said or done?

What do I know firsthand? What am I assuming?

How did I feel? What did I need?

What happened afterward?

Private notes for reflection, not a diagnosis or legal advice. Keep your notes somewhere safe.

What am I noticing?

Review several entries. Notice repetition, changes and context.

What repeats? What is different?

What did I observe after promises or apologies?

What information is still missing?

What boundary, conversation or support might help?

My next step

Private notes for reflection, not a diagnosis or legal advice. Keep your notes somewhere safe.