



The Mixed Signals Observation Workbook

Seven days to separate observable behavior from anxious guesswork and choose
one grounded next move.

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FREE PRIVATE GUIDE

THE CORE SHIFT

Stop solving a person. Start observing a pattern.

A single warm message or quiet day rarely proves intent. Clarity comes from repeated behavior: consistency, specificity, follow-through, repair and mutual effort. This workbook helps you record those signals before deciding what story they tell.

The goal is not to diagnose motives. It is to notice whether the connection gives you enough consistency and clarity to participate with dignity.

Seven observable patterns

- Warmth without follow-through: affectionate words, but plans repeatedly remain vague.
- Intensity followed by disappearance: rapid closeness, then unexplained distance.
- One-sided initiation: most contact begins with you.
- Selective availability: attention appears only when it is convenient for the other person.
- Avoided clarification: direct questions receive jokes, deflection or no answer.
- Repair without change: apologies arrive, but the same behavior repeats.
- Reciprocal steadiness: interest, plans and repair are reasonably mutual over time.

EVIDENCE BEFORE STORY

Write only what a camera could record

Use plain facts first. Then name your interpretation separately. This prevents a fear from masquerading as proof and prevents a real pattern from being dismissed as overthinking.

WHAT HAPPENED - EXACT WORDS, TIMING OR ACTION

THE STORY MY MIND ADDED

WHAT EVIDENCE WOULD SUPPORT OR WEAKEN THAT STORY

WHAT I NEED REGARDLESS OF THE HIDDEN MOTIVE

ONE CLEAR MESSAGE

Choose clarity, pause or closure

Use the shortest message that names the observable change and asks for a concrete next step. Do not argue a case you cannot prove.

CLARIFY: 'I noticed our communication changed after last week. Are you still interested in continuing this connection?'

PAUSE: 'I am looking for more consistency than this currently offers, so I am going to step back. You can reach out if that changes.'

CLOSE: 'I enjoyed getting to know you, but this pattern does not work for me. I am going to leave it here and wish you well.'

MY ONE-SENTENCE MESSAGE

THE BOUNDARY I WILL KEEP AFTER SENDING IT

SEVEN-DAY TRACKER

Look for recurrence, not one dramatic moment

DAY	WHO INITIATED	SPECIFIC PLAN	FOLLOW-THROUGH	HOW I FELT
1				
2				
3				
4				
5				
6				
7				

THE PATTERN I CAN NOW NAME

Continue free: Check the observable pattern privately after redacting names and identifying details.

Optional paid next step: If two birth years would add a second reflective lens, view the Zodiac Love Compatibility Snap - \$9.90. It cannot reveal another person's hidden motives and is delivered within 48 hours.