

FREE POCKET GUIDE

Caught Decoding

*This does not decode him.
It catches you decoding him.*

WHAT JUST HAPPENED

He read it. He hasn't replied.

THE QUESTION YOUR MIND JUMPS TO

"Does this mean he's losing interest?"

There is no answer to that question that would actually satisfy you right now — not from him, not from a friend, not from checking again in ten minutes. That's not a flaw in the question. It's the kind of question it is.

THE NEXT 5 MINUTES

Say it once, in your head: *"this is the question I cannot answer right now."*

Then put the phone face-down and finish whatever you were doing before you looked.

WHAT JUST HAPPENED

His reply was one word.

THE QUESTION YOUR MIND JUMPS TO

"What did that tone actually mean?"

A one-word reply gives you very little information about tone. You're supplying the rest, and once you've supplied it, no amount of re-reading the same word will confirm or deny it — you're just re-reading your own guess.

THE NEXT 5 MINUTES

Read it exactly once more, out loud, in the flattest voice you can. Then stop re-reading it. If you genuinely need to know, ask once. Then take the answer as information — not as something to decode again.

WHAT JUST HAPPENED

He's "active now," but hasn't texted.

THE QUESTION YOUR MIND JUMPS TO

"Who is he talking to instead of me?"

An online status can tell you that someone is active. It cannot tell you who they are thinking about, and no amount of watching the status change will get you that information.

THE NEXT 5 MINUTES

Close the app instead of watching the status. Not forever — just for the next five minutes. Set a timer if that helps.

WHAT JUST HAPPENED

He reacted with an emoji instead of replying.

THE QUESTION YOUR MIND JUMPS TO

"Was that a brush-off?"

It might mean he's driving. It might mean he's mid-meeting. It might, occasionally, mean exactly what you're afraid of. You cannot sort which one from here, and trying to is the part that costs you the evening.

THE NEXT 5 MINUTES

If it matters, say so in one sentence:

"I'd like an actual reply when you get a chance." Then close the conversation — the app and the one in your head.

WHAT JUST HAPPENED

He took hours to reply to something that felt urgent.

THE QUESTION YOUR MIND JUMPS TO

"If he really cared, wouldn't he have answered faster?"

Urgency is something you felt. It isn't information he received. The delay tells you that he hasn't replied yet. It does not tell you why.

THE NEXT 5 MINUTES

Notice what you're testing: you're using his reply speed to answer a question about how much you matter. Those are not the same thing. Name that, once, and let the test go.



This is the same move as
Chapter 8 of the book, sized
to fit whatever just lit up your
phone.

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patterns, one documented technique for each ·
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