



01

THE MISSING ENTRY

Truth Comes Before The Story

THE MOMENT

You pay a bill and later notice your balance is lower than expected. Your mind provides an immediate explanation: someone must have overcharged you. There is a familiar rush of certainty. You rehearse the message you will send.

You open the transaction list. A subscription you forgot about renewed that morning. The numbers reconcile. Your first explanation does not.

Nothing about this example makes you dishonest. Human minds form quick interpretations because we need to act in a complicated world. The trouble begins when we become more loyal to an explanation than to the facts.

A SECOND READING

Truth is not whatever feels most convincing. Nor is it whatever makes us appear insightful. It is what we can reasonably support, while remaining open to revision when better evidence arrives.

In a financial account, the totals must reconcile. In everyday life, our stories rarely come with a perfect set of receipts. We can still ask whether they reconcile with what we know. There may be facts, observations, hearsay and unanswered questions. The thoughtful person learns to distinguish them without pretending uncertainty has vanished.



A small shift.

A more thoughtful next step.

FIRST READING

“I know what happened.”

LOOK AGAIN.

“Here is what I know. Here is what I inferred. What would help me test it?”

ONE THOUGHTFUL ACTION

Choose one current conclusion, preferably about a harmless situation. Divide a page into three: 1. What I observed. 2. What I concluded. 3. What evidence could change my view? If the answer to the third question is “nothing”, pause. That may mean you are defending an identity rather than examining a claim.

01

WHAT I OBSERVED

02

WHAT I CONCLUDED

03

WHAT COULD CHANGE MY VIEW

A PRINCIPLE TO KEEP

Seeking truth is not about being right more often than others. It is about becoming more willing to correct yourself.

PRIVATE REFLECTION

What did I discover when I separated observation from interpretation?
