

The Choice Audit

What participated in this choice?

Every choice is shaped by multiple forces. This map makes room to notice what participated—not to judge the choice, score it, or decide what it means for you.

A choice can belong to you without having originated only from you.

Begin with one choice

It can be large or ordinary, recent or old. You do not need to know yet why you made it.

Use only the forces that seem relevant. Leave any field blank. Stop and return later—or do not return at all.

Map without verdicts

Describe before explaining. Place what seems relevant. Show useful relationships. Look for evidence and exceptions. Leave uncertain what is not known.

An interaction does not prove a cause. Reader-authored connections use ↔ **Interaction**.

Participation codes

W Wanted · **E** Expected · **N** Necessary · **P** Possible · **?** Uncertain

More than one code may belong to the same force.

Influence marks

• **Present** · •• **Significant** · ••• **Dominant**

Influence is qualitative, not a score or causal measurement.

Evidence belongs on the map

Maps simplify. Memory reconstructs. Patterns attract attention. Explanations can become convincing before they become well supported. Seeing something is the beginning of the question.

What here appears worth preserving? Awareness does not create an obligation to change. Preserve what appears worth carrying forward; if nothing does, leave the field blank.

What participated in this choice?

THE CHOICE

Write the decision, direction, or moment here.

Desire

What did I genuinely want?

W E N P ?

• • • • •

Expectation

What did I expect—from myself or from others?

W E N P ?

• • • • •

Security

What did this make feel more stable or certain?

W E N P ?

• • • • •

Opportunity

What did this make available right now?

W E N P ?

• • • • •

Identity

What part of me felt involved in this choice?

W E N P ?

• • • • •

Obligation

What did I feel responsible for?

W E N P ?

• • • • •

Fear & Avoidance

What was I trying to avoid?

W E N P ?

• • • • •

Possibility

What could this make possible?

W E N P ?

• • • • •

↔ Interactions between forces

Connect only what you notice. An interaction is undirected and does not prove causation.

Read the choice across time

These are different views of the choice—not steps toward a better answer. Use any that help.

THEN

What was true or most salient then?

AFTER

What became visible only afterward?

NOW

What do I see more clearly now?

What might have changed the choice?

This is a thought experiment, not proof of causation.

YES NO MAYBE UNKNOWN

BEFORE YOU DECIDE WHAT IT MEANS

What supports this?

What might challenge it?

What else could explain it?

What remains uncertain?

Hindsight check

Am I reconstructing the decision differently because I know what happened afterward?

What here appears worth preserving?

WHAT DO YOU NOTICE?
