

7-Day Pattern & Clarity Journal

A little space to notice what happened, separate it from what it might mean, clarify what matters, and review what changes over time.

How to use this journal

Use one page a day, or take longer. Write briefly in a notebook or print these pages. You do not need a partner to participate. Entries stay with you; there is no request to upload or email them. This is not a diagnosis, relationship score, or stay/leave test.

Notice > Separate > Clarify > Review

This is Rellovaro's original teaching shorthand, not a clinically validated assessment. Your feelings deserve attention; an explanation can still be checked.

A fictional example

Fact: We agreed to revisit a conversation Saturday; it did not happen. Feeling: disappointed.

Interpretation: They do not care. Unknown: why it was missed. Need: predictable follow-through.

Review: notice later commitments, context, repair, and exceptions.

Choose safety before an experiment

If there are threats, coercion, stalking, or fear of retaliation, skip joint-conversation tasks and seek appropriate confidential support. Use a device and storage location you consider safe. Downloads, printing and browsing can leave traces; deleting history does not guarantee privacy.

U.S.: thehotline.org | Outside the U.S.: findahelpline.com. In immediate danger, contact local emergency services when safe to do so.

Notice one event

Describe one specific moment without guessing a motive.

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

Optional safe next step - doing nothing for now is an option.

Later observation and exceptions - what changed or did not fit?

Pause or skip any prompt. You do not owe anyone access to your entries.

Educational reflection. Your perspective. Your decision.

Separate facts and meanings

What could a camera record? What explanation did you add?

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

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Clarify a need

Translate a broad wish into something observable.

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

Optional safe next step - doing nothing for now is an option.

Later observation and exceptions - what changed or did not fit?

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Map a repeating cycle

Notice the trigger, response and aftermath. Avoid assigning blame.

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

Optional safe next step - doing nothing for now is an option.

Later observation and exceptions - what changed or did not fit?

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Look for exceptions

What went differently? What context or action changed?

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

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Review follow-through

Compare an agreed commitment with what actually happened.

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

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Make room for uncertainty

What remains unknown? Choose a review point rather than a verdict.

Event and context - when, where, and what happened?

Observable facts - what could be seen or heard?

Feelings - what did you feel?

Interpretation - what meaning did you give it?

Unknowns - what else might explain it?

Need or boundary - what matters and what do you control?

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Educational reflection. Your perspective. Your decision.

What do you notice now?

Which events repeated, and in what contexts?

Which observations contradict your first impression?

What exceptions or signs of repair deserve attention?

What needs or boundaries became clearer?

What remains unknown? What support or information would help?

What would you like to observe next, and when will you review it?

You can stop here. If you want more structure, explore Rellovaro at relovaro.com. Check current service availability and privacy information before entering personal details.

Aligned with the October 6, 2026 Relationship Clarity YouTube Launch Strategy (journal specification, page 12) and shared Rellovaro brand rules. Edition: October 10, 2026.