THE REALITY CHECK DECODER

What they said. What it meant. What to say back.

Wait a minute.

— from He Called It Love

DISMISSING
YOUR FEELINGS

"You're too sensitive."
You're not too sensitive. They're too comfortable being cruel.

Say: "Then don't say cruel things."

"I was just joking."
It wasn't a joke. It was a test.

Say: "Jokes don't need me to prove I can take it."

"You're overreacting."
You're not overreacting. You're reacting.

Say: "This is a reaction, not an overreaction."

DENYING
REALITY

"That never happened."
It happened. They just need you to doubt it more than they do.

Say: "It happened. I was there."

"You always do this."
You did it once. They need it to be a pattern.

Say: "Once isn't always."

"I only did it because I love you."
Love doesn't need control to prove itself.

Say: "Love doesn't control. Try again."

ISOLATING YOU

"Everyone else thinks you're crazy."
No one else was in the room.

Say: "Then let's ask them together."

"You made me do it."
No one made them do anything.

Say: "I didn't make you do anything. You chose it."

DEFLECTING BLAME

"I'm sorry you feel that way."
That's not an apology. That's a redirect.

Say: "That's not an apology. Try again."

"You're never happy."
You're not never happy. You're just done pretending.

Say: "I'm not unhappy. I'm done pretending."

TRUST WHAT YOU HEARD

You heard it right.

Read this when the words don't match the feeling.

Not too sensitive. Not overreacting. Not crazy.

Just paying attention.