



A GENUINEEMPAT.COM WORKBOOK

The Empath Signal-or-Story Card

A compact worksheet for separating what you sensed, what you saw, and
what you think it means

Use it during a strong intuitive reaction or soon after, while the details are still fresh.

WORKSHEET 00

How to Use This Card

A strong intuitive reaction can arrive all at once: your body reacts, you notice something, and your mind starts explaining it. This tool slows those pieces down so you can look at them one at a time.

Move through the five worksheets in order. Start with what your body reports. Then write only what you can observe. After that, name the explanation that appeared in your mind and test how certain it is.

The goal is not to trust every feeling or dismiss every feeling. It is to give your sensitivity room to speak without asking it to supply the final answer.

WHAT'S INSIDE

- 01 SIGNAL - What did my body actually tell me?
- 02 CUE - What did I actually observe?
- 03 STORY - What explanation appeared in my mind?
- 04 CERTAINTY CHECK - Separate fact from inference
- 05 RESPONSE - What fits the evidence I have?

WORKSHEET 01

SIGNAL - What did my body actually tell me?

Start with sensation, not meaning. Check what you noticed before you explain why it happened.

- ☐ Tension
- ☐ Heart rate
- ☐ Breathing
- ☐ Stomach
- ☐ Temperature
- ☐ Restlessness
- ☐ Fatigue
- ☐ Other

Where in my body did I notice it most?

What changed first?

WORKSHEET 02

CUE - What did I actually observe?

Write what the other person said or did. Keep interpretation out of this box.

What words did I hear?

What behavior did I see?

Stick to details a camera or recorder could capture.

WORKSHEET 03

STORY - What explanation appeared in my mind?

This is where you let the interpretation show itself without treating it as a fact.

START HERE

"I think this means..."

The story my mind supplied was:

What part of that story feels most convincing to me?

WORKSHEET 04

CERTAINTY CHECK - Separate fact from inference

Give each layer its own space. You are not trying to erase the signal. You are checking how much meaning the evidence can carry.

What do I know?

What am I inferring?

What else could explain the same signal?

WORKSHEET 05

RESPONSE - What fits the evidence I have?

Choose the next move that matches what you actually know at this moment.

ACT

There is concrete evidence that calls for a response.

CHECK

Ask a question or gather more information.

WAIT

The signal is real, but its meaning is not clear yet.

My choice - ACT, CHECK, or WAIT:

What is the smallest next step that fits that choice?

What new information would change my choice?

WORKSHEET 06

Signal First. Story Second.

Your sensitivity can notice something before your conscious mind knows what to make of it.

And that first signal can matter without every explanation attached to it being correct.

Use this question when you feel pulled toward a fast answer: What did I sense, what did I observe, and what am I adding?

One sentence I want to carry into my next intuitive moment:

"My intuition can give me information without giving me the final answer."