

DELIBERATE DOUBT

in Moments of Difference

Deliberate Doubt is the practice of interrupting certainty with curiosity so our first answer doesn't become our only answer.

A quick guide for testing the story before you act on it. Use before you explain, correct, persuade, dismiss, avoid, or decide.

1 What actually happened?

Strip away motive and judgment. What could a camera or microphone capture?

2 What story am I telling myself?

What meaning, motive, or intent have I added?

3 What else could be true?

Generate at least two plausible alternatives. You are loosening certainty—not choosing the right story.

4 What could I ask before acting?

Use a curious, open-ended, non-defensive question to learn what the story cannot tell you.

QUESTIONS THAT UNCOVER

- What are you seeing that I may not be seeing?
- Walk me through how you're thinking about it.
- What feels most important to you here?
- What concern is shaping your perspective?
- What experience is informing your view?
- Am I understanding that correctly?

REMEMBER

The story may be right. The problem is that we often act before we find out. Deliberate Doubt doesn't require agreement; it improves the thinking behind what comes next.

MY NEXT MOVE

One question I will ask before acting on a story:
