

THE DETECTIVE'S NOTEBOOK



Field Notes (Quick Capture)

Use this page to record observable facts and behavioral “tells” when your instincts flag something is not quite right.

Keep it simple, neutral and time-stamped.

Case/situation name:		Date & Time:	
Location – Where was I?		Who was present?:	

1. What happened? (camera facts only, ie neutral witness notes)

What would a neutral observer write down?

2. Exact words or closest paraphrase

How it happened:

<input type="checkbox"/> in person	<input type="checkbox"/> over a phone call	<input type="checkbox"/> email exchange
<input type="checkbox"/> text exchange	<input type="checkbox"/> Social media DM	<input type="checkbox"/> over a video call
<input type="checkbox"/> group chat	<input type="checkbox"/> Other: _____	

What I said / asked:

What they said / replied:

Any contradictions or reversals? (eg agrees, then later denies / changes the story)

My tone / delivery:

<input type="checkbox"/> calm	<input type="checkbox"/> curious	<input type="checkbox"/> firm
<input type="checkbox"/> sarcastic	<input type="checkbox"/> neutral	<input type="checkbox"/> direct
<input type="checkbox"/> hesitant	<input type="checkbox"/> defensive	<input type="checkbox"/> emotional
<input type="checkbox"/> rushed	<input type="checkbox"/> Other: _____	

Their tone / delivery:

<input type="checkbox"/> calm	<input type="checkbox"/> charming	<input type="checkbox"/> neutral
<input type="checkbox"/> mocking	<input type="checkbox"/> sarcastic	<input type="checkbox"/> passive aggressive
<input type="checkbox"/> flat	<input type="checkbox"/> sharp	<input type="checkbox"/> intense
<input type="checkbox"/> dismissive	<input type="checkbox"/> Other: _____	

3. What changed in the room?

<input type="checkbox"/> Topic suddenly shifted	<input type="checkbox"/> Question avoided	<input type="checkbox"/> Pressure increased
<input type="checkbox"/> Warmth switched off/on	<input type="checkbox"/> "Joke" used to sting	<input type="checkbox"/> Interrupted / talked over
<input type="checkbox"/> Third party brought in ("everyone thinks....")	<input type="checkbox"/> Other: _____	

4. Impact on me (data)

Body:

Emotion:

Urge:

<input type="checkbox"/> explain	<input type="checkbox"/> apologise	<input type="checkbox"/> prove
<input type="checkbox"/> fix	<input type="checkbox"/> withdraw	<input type="checkbox"/> agree
<input type="checkbox"/> react	<input type="checkbox"/> Other: _____	

5. Evidence I can verify (optional)

<input type="checkbox"/> message / email	<input type="checkbox"/> call log	<input type="checkbox"/> dates / timeline
<input type="checkbox"/> witness	<input type="checkbox"/> agreement / promise	Notes:

6. Provisional rating (signal check)

<input type="checkbox"/> GREEN (clear, respectful, repairable)
<input type="checkbox"/> AMBER (confusing, inconsistent, needs clarity)
<input type="checkbox"/> RED (coercive, punishing, unsafe, pattern-shaped)

7. Next best step

<input type="checkbox"/> observe	<input type="checkbox"/> clarify	<input type="checkbox"/> restate boundary
<input type="checkbox"/> reduce access	<input type="checkbox"/> get support	Notes:

NOTE

This worksheet helps you track behavior, not diagnose a person.

**A singular moment can be misleading, however,
patterns plus impact over time, tell the real story.**