

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The Reference Workbench

When you anchor a conversation to material that's in front of it, the task changes from prediction to analysis — the tool stops guessing about someone like you and starts working with what you gave it. This worksheet sets up your three highest-value reference moves, plus the two anchor phrases that keep everything honest.

The anchor phrases, copy them somewhere permanent: *Work from the text provided.* And its partner, which models intellectual honesty and stops the gap-filling: *If the text doesn't address the question, say so.*

Move one — *the institutional document.* The policy, handout, or official communication currently sitting in your inbox written in the dialect designed to obscure: _____

The sequence: *Summarize this in plain language and identify three changes that affect our routines at home.* Then: *Which parts give discretion, and which are firm requirements?* Then, if needed: *Help me draft a short message asking for clarification on this one point — friendly and specific, not defensive.*

What the document turned out to actually say: _____

Move two — *the uncomfortable mirror.* A message you're about to send where the tone might be doing work you haven't examined. Paste your draft and ask: *Where does this sound reactive? What assumptions am I making that the other person might not share? Where could my intent be clearer?*



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

What you thought you wrote versus what you'd actually written: _____

Move three — *the steelman*. This is the one that shifted a two-week standoff in my marriage. Draft an honest summary of the other person's position — how they see it, what they value, what worries them about your approach. Resist making it a strawman; the exercise only works if you write their best case:

Then ask: *Based on what I've written, what might they notice that I'm missing, and where could they be right?* What you were listening for differently in the next conversation: _____

The integrity line, because children are watching how adults treat knowledge: if you're working from a book or someone's framework, name it, and if the resource should be purchased, support the person who made it. The source behind the reference I used today, and whether I've credited or bought it:

