



MIRA COLE

Free Clarity Tip Card

One sharp habit for dating fog

Keyword tease: CLARITY | Free tip card

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The Tip: Name the Fog Before You Chase It

When a text thread feels confusing, pause before you rewrite yourself to match their energy. Clarity starts with one honest label of what you actually know.

Try this line (to yourself, not them): "I know how I feel. I do not know how they feel. Those are different facts."

That split stops the spiral where you invent a story to fill the silence. You are allowed to want more information without performing for it.

3 Micro Checks

Answer yes / no / not sure. No overthinking.

- ☐ Can I say, in one sentence, what I want next from this person?
- ☐ Am I filling silence with a story I cannot prove?
- ☐ Would I still like this pace if a friend described it to me?

Want a fuller 7-day clarity path with worksheets and soft scripts? The Dating Clarity Challenge (mira-clarity, \$19) walks the habit day by day. Reply CLARITY when you are ready -- or skip; this tip stands alone.

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mira.cole.life | Support: mira@louish.com