Two missed dinners. An explanation worth checking.

At Sunday dinner, Maya’s aunt says, “Since Leah stopped going to church, she doesn’t care about this family.” Maya’s cousin Leah has missed two dinners. Maya feels hurt and worried. She has questions about her own beliefs too, and wonders whether asking them would make her less caring.



The situation comes before the lesson

Maya knows Leah missed dinner. She does not yet know why. Her first step is to make that distinction visible before deciding how to respond.

Fictional people, not a success story. Educational prototype, not therapy. EBT has not been evaluated for effectiveness.

From a reaction to a choice

Step	In Maya’s situation
Pause	Maya waits before agreeing with the accusation or sending an angry message.
Name	What happened: Leah missed two dinners; her aunt blamed a change in faith. Feeling: hurt and worried. Meaning Maya added: Leah no longer cares, and questioning might change me too. Urge: confront Leah or stop asking questions.
Check	Missing dinner is something she knows. The reason is not. Work, illness, family tension, or wanting distance could also explain it. Maya can ask Leah rather than decide for her.
Choose	Maya wants family connection and an honest answer. She and Leah normally text privately. She chooses one message: “We missed you at dinner. Is everything okay? Want to catch up?” She does not repeat the accusation.
Try	She sends it Tuesday. Leah usually replies within a day, so Maya expects an answer by Wednesday evening. She will check once then. No reply would leave the reason unknown; it would not prove that Leah stopped caring.
Review	Leah replies, “My new shift is on Sundays. Could we get coffee Saturday?” Maya now has an explanation and an invitation. She accepts. Two missed dinners no longer justify the conclusion that Leah wants no contact. This one reply does not tell her what happens in every family or settle her own beliefs.

The result does not prove what happens in every family. A private reply is not permission to share someone’s message.

Three reviews. One announcement.

Amira wants a reliable washing machine. Three review sites call a model “the most reliable.” She follows their links: all repeat the manufacturer’s announcement, and none reports its own test.

Follow each review to its evidence

Page Amira reads	Original source it cites	Its own test?
Review A	Manufacturer’s announcement	None reported
Review B	The same announcement	None reported
Review C	The same announcement	None reported

Three pages are not three independent tests. Amira stops treating them as independent confirmation. She can look for repair records or a clearly described test before buying; she does not yet know which machine is best.

Continue with the complete eight-lesson course or six-step quick start.

https://roomforwhy.com/ebt-course