Why Does This Keep Happening?

Pick one recurring practical problem. Capture a recent example, then choose one thing to check before deciding what to change.

Date _____ **One problem I want to understand** _____

1 Describe one recent moment

What should have happened? What happened instead? Use what you could observe.

Expected _____

Actual _____

When / where _____

2 Leave room for another explanation

Write two conditions that might explain the difference, such as missing information or unclear timing. These are hypotheses to check, not established causes.

Possibility A _____

Possibility B _____

3 Choose one useful check

What could you observe or review to tell those possibilities apart? Include a finding that would make you reconsider your first explanation.

I will check _____

I would reconsider if _____

I can do this by _____ Use only information you may access.

4 Come back after the check

What did you find, and what is still uncertain?

_____

_____

An unclear result is useful too. Choose another check before committing to a fix.

Want to explore the full method? Visit rootcauseapplied.com.

For ordinary, low-stakes practical problems. This worksheet is educational, not counseling or professional advice. Use qualified help for relationship harm, health, legal, financial, safety, or other high-stakes concerns.