



EXPLAIN  
DEFEND  
RATIONALIZE  
DEMAND

“ ”

*Justification turns a chosen relief into something that sounds reasonable enough to defend.*

## Good Questions

- How did you justify that choice?
- What made that response feel necessary or reasonable?
- What did you tell yourself that allowed you to move in that direction?
- How did you make sense of the choice after you made it?
- What explanation did you give yourself or others?
- If you said that explanation out loud to someone who knows you well, how would it sound?
- What did the explanation protect you from facing?
- How did that reasoning help you live with the choice afterward?
- What part of you still wants to defend the response?
- What demand might be hiding underneath the justification?

## Rules of Thumb

- Write the justification plainly; do not soften it or condemn it.
- Listen for “I had to,” “They deserved it,” “I needed to,” or “It wasn’t that serious.”
- Justification often reveals the moral logic beneath the behavior.
- It can minimize agency by making the response sound inevitable.
- The goal is to expose the defense so the deeper longing can come into view.

### REMEMBER

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