

WB 2.12d — Cultural Fit Check

Use with Chapter 12 (Co-Regulation Scripts) in the manual, Chapter 10 in *Shoulder the Bill*. Helper-facing.

Purpose Every tool in this book carries assumptions about how people should express feeling, who counts as family, and whether asking for help is relief or exposure. Those assumptions are not neutral and they are not universal. This page surfaces yours before you apply them to somebody else.

How to use this page

When: Before supporting someone whose background, culture, community, generation or circumstances differ from yours. Revisit as you learn more.

Done when: You have named at least one assumption you were carrying and one question you will ask instead of assuming.

Worked example

My default: distress should be talked about directly, and quickly.

Their norm: it is handled in the family first, and talking to an outsider is a bigger step than I registered.

What I will ask instead: "Who do you usually go to with this? Where do I fit, if at all?"

Anchor Phrase: 'Correctly by whose measure — and have I asked?'

Protocol: 1. Name my default. 2. Name what I assumed. 3. Replace the assumption with a question.

Loop stage: Notice → Name → Connect

Whose norms am I applying here — where did my defaults about coping come from?

What have I assumed about how this person should express what they are feeling?

What have I assumed about who is involved — family, community, elders, faith, no one?

What have I assumed about whether asking for help is a relief or an exposure for them?

Where a tool in this book may not fit their context — and what I will adapt or set aside:
