Fictional journal: minimal excerpt

Original teaching file. Every person and situation is invented.
This file is not an output captured from Adobe Acrobat.

A freshly written excerpt omits the name and email.

What I noticed: I wanted to interrupt during a conversation.

What I did: I waited to check one meaning.

Next step: Ask which time works.

What this example establishes

This separate file was authored from the three retained reflection lines.
The invented name and email are absent from its extracted text.
It was not made by applying Acrobat redaction or sanitation.
A new excerpt still needs a purpose, audience and context review.