

#8 — THE PATTERN INTERRUPT GUIDE

Five questions to break the habits that keep recreating the same pain.

Patterns don't repeat because you're broken.

They repeat because they're familiar.

Interrupting them requires awareness, honesty, and one intentional choice at a time.

Use this guide whenever you notice déjà vu in your life — same conflict, same regret, same outcome.

1. What part of this feels familiar — and when have I felt it before?

Patterns announce themselves through repetition.

Pay attention to echoes.

Your thoughts: _____

2. Who am I trying to be in this moment — myself, or the version of me that survived the past?

Survival mode makes choices based on old danger, not present truth.

Your thoughts: _____

3. What outcome did this pattern give me last time?

Patterns are only mysterious when we avoid looking at the evidence.

Your thoughts: _____

4. What is the smallest choice I can make right now that breaks the loop?

You don't interrupt patterns with grand gestures.

You interrupt them with small, consistent shifts.

Your thoughts: _____

5. If nothing changed, what would this pattern cost me long-term?

Seeing the future clearly is often the only motivation you need.

Your thoughts: _____

FINAL REMINDER:

A pattern loses its power the moment you choose differently.

Awareness breaks cycles.

Intentional action ends them.