

## #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.