

# #34 — THE PATTERN EXIT PLAN

*Five questions to help you break the loop you keep falling back into.*

Patterns don't end by accident.

They end by intention —

one clear, honest step at a time.

This guide helps you move from “I know I do this”

to

“I know how to stop doing this.”

## 1. What exact pattern am I trying to exit — and what triggers it?

Patterns have activation points:

a feeling, a memory, loneliness, pressure, fear, validation-seeking.

Naming the trigger is how you disarm it.

Your thoughts: \_\_\_\_\_

## 2. What false promise does this pattern give me in the moment?

Every self-sabotaging pattern offers a quick reward:

comfort, distraction, excitement, numbness, validation, avoidance.

This is the bait.

Seeing it clearly weakens its pull.

Your thoughts: \_\_\_\_\_

## 3. What is the real long-term cost of staying in this pattern?

Patterns don't feel expensive until the bill comes due:

peace, time, relationships, self-respect, opportunities, emotional stability.

Write the cost.

Truth breaks attachment.

Your thoughts: \_\_\_\_\_

## 4. What aligned action can replace this pattern when the trigger shows up?

Patterns don't disappear —  
they get *replaced*.

Examples:

- Avoidance → honest communication
- People-pleasing → boundary-setting
- Shiny-object impulse → intentional pause
- Numbing → emotional regulation
- Self-abandonment → self-respect
- Reactivity → silence

Your thoughts: \_\_\_\_\_

## 5. What is my plan for interrupting this pattern next time it activates?

Not a lifetime plan.

Not perfection.

Just **the next moment** where you choose differently.

Your thoughts: \_\_\_\_\_

## FINAL REMINDER:

Patterns break when you stop negotiating with the old version of you.

One interrupted loop is the beginning of freedom.

Every new action builds a new future.