

# Loop

## Check-in Card



Feeling stuck in a loop? Use this card as a reset when your ambition, voice, or energy feels misaligned.

### Name the Pattern. Reclaim the Moment

This quick reflection helps you pause, notice what’s showing up, and shift gently toward alignment.

1. Spot the Pattern

Complete the sentence below:

“I notice I tend to \_\_\_\_\_, when I feel \_\_\_\_\_.”

**Example:** I over-commit when I feel unsure about my worth.

2. Decode the Protective Story

What belief or fear might be underneath this pattern?

“If I don’t \_\_\_\_\_, then \_\_\_\_\_.”

**Example:** If I don’t show up for everyone, they’ll stop needing me.

3. Choose a Micro-Shift

Pick one small action that helps you realign today:

- ☒ Set a gentle boundary
- ☒ Say no without explaining
- ☒ Let something be “good enough”
- ☒ Rest without earning it
- ☒ Ask yourself what you need
- ☒ Write your own:\_\_\_\_\_

### Curious Which Loop This Might Be?

Here are some common loops we explore at InQuisitiEve:

If you often...	You might be in the...
Overwork to feel enough	Worth Loop
Avoid visibility unless it’s perfect	Perfection Loop
Feel like you must hold everything together	Responsibility Loop
Keep moving and doing without rest	Rush-Reward Loop
Dim your voice to avoid being misunderstood	Visibility Loop
Numb out or spiral when emotions rise	Regulation Loop

🌟 *Not sure? Take the full Loop Quiz to see which emotional pattern might be quietly leading you.*