

Ritual: The Pattern Interrupt

A pattern interrupt is a physical action that breaks the automatic loop of sabotage.

The Pattern Interrupt

1. **Identify the moment before sabotage.** What does it feel like in your body?
2. **Create a physical anchor.** Choose a small, unusual action:
 - Snap a rubber band on your wrist
 - Stand up and shake your body for 10 seconds
 - Press your feet firmly into the ground
3. **Practice the interrupt.** When you feel the urge to sabotage, DO the action immediately.
4. **Replace the story.** Say aloud:

"I see you, Saboteur. I thank you for trying to protect me. I choose a different path now."

My Pattern Interrupt Action:
