

THE ARCHIVIST METHOD™

QUICK-START SYSTEM

Pattern Archaeology, Not Therapy

Your 90-Day Guide to Breaking Destructive Patterns

By: Broken Psychology Lab

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PATTERN INTERRUPTION QUICK-START SYSTEM

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WELCOME TO PATTERN INTERRUPTION

This is not therapy. This is not self-help. This is pattern interruption.



Therapy processes trauma. This interrupts the patterns trauma created.

You're here because you keep doing the same destructive thing. You disappear when relationships get close. You sabotage success. You apologize for existing. You test people who love you.

These are patterns. And patterns can be interrupted.

This guide gives you everything you need to interrupt ONE pattern in 90 days:

- Identify which pattern is running
- Understand where it came from
- Interrupt it before it destroys your life
- Install new behavior

Simple. Mechanical. It works.

Let's begin.



SECTION 1: PATTERN ASSESSMENT

IDENTIFY YOUR PRIMARY PATTERN

You probably run multiple patterns. But you can only work on ONE at a time.

This assessment identifies your primary pattern - the one causing the most damage right now.

THE 7 CORE PATTERNS

1. THE DISAPPEARING PATTERN

When intimacy increases, you pull away. Relationships get close, you ghost. Someone says "I love you," you panic and create distance.

2. THE APOLOGY LOOP

You apologize for existing. "Sorry to bother you." "Sorry for needing help." "Sorry for taking up space." You believe you're a burden.



3. THE TESTING PATTERN

You push people away to see if they'll stay. Create tests to prove they care. Hypervigilant for signs of abandonment. Can't trust even when people prove they're safe.

4. ATTRACTION TO HARM

You're attracted to people who hurt you. Safe, healthy people feel "boring." Chemistry = recognizing familiar harm. You choose chaos over stability.

5. COMPLIMENT DEFLECTION

Cannot accept praise. Minimize achievements. When complimented, you deflect, make jokes, redirect to others. Visibility makes you panic.

6. THE DRAINING BOND

You stay bonded to people/situations that deplete you. Know you should leave but can't. Loyalty to harm. Leaving feels more dangerous than staying.

7. SUCCESS SABOTAGE

You destroy things right before they succeed. Quit before promotion. Blow up relationships when they're going well. Good things = panic. Sustained happiness feels dangerous.

ASSESSMENT QUIZ

Rate each statement 0-5:

- 0 = Never true
- 1 = Rarely true
- 2 = Sometimes true
- 3 = Often true
- 4 = Very often true
- 5 = Almost always true



PATTERN 1: DISAPPEARING

☐ When relationships get close, I feel panicked or trapped

I pull away when someone says "I love you"

☐ I cancel plans when intimacy increases

I sabotage relationships right when they're going well

☐ I feel relieved when I create distance

Past partners said I'm emotionally unavailable

☐ I prefer casual over committed relationships

I ghost instead of having difficult conversations

☐ I can't tolerate prolonged emotional intimacy

☐ I'm more comfortable alone than close to others

SCORE: / 50

PATTERN 2: APOLOGY LOOP

☐ I apologize for existing or taking up space

I say "sorry" multiple times per day for normal things

☐ I feel like a burden to others

I minimize my needs so I don't inconvenience anyone

☐ I apologize before asking questions or requesting help

I can't state my needs without feeling guilty

☐ I walk on eggshells trying not to be "too much"

I feel responsible when others are upset (even if not my fault)

☐ I shrink myself to make others more comfortable

☐ I believe my existence inconveniences people

SCORE: ____ / 50

PATTERN 3: TESTING

☐ I push people away to see if they'll stay

I create tests to prove if people really care

☐ I'm hypervigilant for signs someone will abandon me

I pick fights to see how they'll respond

☐ I don't believe someone cares unless they prove it repeatedly

I assume people will leave eventually

☐ I interpret normal behavior as evidence they're pulling away

I've been called "paranoid" or "insecure"

☐ I need constant reassurance

☐ I test boundaries to see if people mean what they say

SCORE: ____ / 50

PATTERN 4: ATTRACTION TO HARM

☐ I'm attracted to people who are emotionally unavailable

Healthy, stable people feel "boring"

☐ I choose partners/friends who hurt me repeatedly

I feel "chemistry" with people who are bad for me

☐ Safe people don't feel exciting

I replicate unhealthy dynamics from childhood

I stay attracted to chaos and drama

Friends/family warn me about people I pursue

I know someone is harmful but pursue them anyway

☐ Dysfunction feels familiar and comfortable

SCORE: / 50

PATTERN 5: COMPLIMENT DEFLECTION

☐ **I can't accept compliments without deflecting**

I minimize my achievements automatically

When praised, I feel uncomfortable or ashamed

I redirect compliments to others

I make self-deprecating jokes when acknowledged

I believe compliments aren't genuine

Being visible or successful makes me anxious

I downplay my skills and talents

I can't say "thank you" and accept praise

☐ Recognition makes me want to hide

SCORE: / 50

PATTERN 6: DRAINING BOND

☐ I stay in relationships that deplete me

I know I should leave but can't

☐ I'm bonded to people/situations that harm me

Leaving feels more dangerous than staying

☐ I make excuses for people who treat me poorly

I've stayed in toxic situations for years

☐ Friends tell me to leave but I won't

I feel responsible for others' wellbeing (to my detriment)

☐ I can't walk away even when I'm being hurt

☐ Loyalty keeps me bonded past when I should leave

SCORE: / 50

PATTERN 7: SUCCESS SABOTAGE

☐ I sabotage things right before they succeed

I quit when I'm close to achieving something

☐ Good things happening makes me anxious

I destroy opportunities when they're going well

☐ I can't handle sustained success or happiness

I create crisis right before breakthroughs

☐ I'm more comfortable with struggle than achievement

I've blown up opportunities I worked hard for

☐ Milestones trigger panic or self-destructive behavior

☐ I believe I don't deserve good things

SCORE: / 50

INTERPRETING YOUR SCORES

Your **PRIMARY PATTERN** = highest score

Score ranges:

40-50: This is definitely your primary pattern. Start here.

30-39: Strong presence. Primary or secondary pattern.

20-29: Pattern exists but may be secondary.

10-19: Pattern present occasionally.

0-9: This pattern doesn't significantly apply.

WRITE YOUR RESULTS:

My Primary Pattern:

Score: / 50



My Secondary Patterns (25+):

1. (Score:)

2. (Score:)

WHAT YOUR PRIMARY PATTERN MEANS

IF YOUR PRIMARY IS DISAPPEARING:

What you do: Pull away when relationships get close. Create distance when someone gets too intimate. Ghost when things get serious.

Why it installed: Intimacy led to abandonment or harm in childhood. Your nervous system learned: closeness = danger.

What it costs you: Inability to maintain long-term relationships. Loneliness. Pattern of 3-month relationships that you end.

What we'll interrupt: The automatic pulling away when closeness increases.



IF YOUR PRIMARY IS APOLOGY LOOP:

What you do: Apologize for existing. Minimize needs. Feel like burden. Can't ask for help without guilt.

Why it installed: Your needs were treated as burdensome in childhood. You learned: my existence is too much.

What it costs you: Can't negotiate salary. Toxic relationships (can't state boundaries). Chronic depletion from not having needs met.

What we'll interrupt: The automatic apology before stating needs.

IF YOUR PRIMARY IS TESTING:

What you do: Push people away to see if they'll stay. Create tests. Need constant proof of care. Hypervigilant for abandonment signs.

Why it installed: Someone important abandoned you suddenly. You learned: I need to predict when people will leave.

What it costs you: Exhaust partners with constant testing. Push away people who actually care. Self-fulfilling prophecy of abandonment.

What we'll interrupt: The automatic test creation when you feel insecure.



IF YOUR PRIMARY IS ATTRACTION TO HARM:

What you do: Attracted to unavailable/harmful people. Safe people feel boring. Choose chaos over stability.

Why it installed: Harmful dynamics were normalized in childhood. Your nervous system recognizes dysfunction as "love."

What it costs you: Serial abusive relationships. Can't recognize or stay attracted to healthy partners. Cycle of harm.

What we'll interrupt: The automatic attraction to red flags.

IF YOUR PRIMARY IS COMPLIMENT DEFLECTION:

What you do: Cannot accept praise. Minimize achievements. Deflect compliments. Visibility triggers panic.

Why it installed: Being seen/successful was punished in childhood. You learned: visibility = danger.

What it costs you: Career stagnation (can't self-promote). Underpaid (can't list achievements). Invisible despite talent.

What we'll interrupt: The automatic deflection when praised.



IF YOUR PRIMARY IS DRAINING BOND:

What you do: Stay bonded to harmful people/situations. Know you should leave but can't. Loyalty past the breaking point.

Why it installed: Leaving was more dangerous than staying in childhood. You learned: abandoning someone (even abuser) = ultimate betrayal.

What it costs you: Years in toxic jobs/relationships. Chronic depletion. Protecting people who hurt you.

What we'll interrupt: The inability to leave when you should.

IF YOUR PRIMARY IS SUCCESS SABOTAGE:

What you do: Destroy things right before they succeed. Quit before breakthrough. Can't handle sustained happiness.

Why it installed: Success was punished or led to disaster in childhood. You learned: good things = danger coming.

What it costs you: Pattern of almost-success then failure. Can't sustain relationships/career/health improvements. Perpetual struggle.

What we'll interrupt: The automatic sabotage when approaching success.



SECTION 2: THE 90-DAY PROTOCOL

YOUR PATTERN INTERRUPTION ROADMAP

The 90-Day Protocol has 4 phases:

WEEKS 1-3: OBSERVATION (just notice, don't change anything)

WEEKS 4-5: PAUSE (create gap between trigger and behavior)

WEEKS 6-8: CIRCUIT BREAK (interrupt with verbal statement)

WEEKS 9-12: REWRITE (execute new behavior consistently)



WEEKS 1-3: OBSERVATION PHASE

Goal: Pattern recognition without judgment

What to do:

- Track every time pattern activates
- Note trigger, body sensation, automatic thought, behavior
- DO NOT try to change anything yet

Why this matters:

Most people skip this. They try to change immediately. Then they can't recognize pattern activation fast enough to interrupt it.

You need to train pattern recognition first.

Success metric: Can identify pattern within 10 seconds of activation by end of week 3

WHAT TO TRACK:

1. TRIGGER (what happened right before pattern activated)

Examples:

- Disappearing: Partner said "I love you"
- Apology Loop: Needed to ask for help
- Testing: Partner took 3 hours to text back
- Attraction to Harm: Safe person showed interest



- Compliment Deflection: Boss praised your work
- Draining Bond: Friend suggested you leave toxic relationship
- Success Sabotage: Approaching promotion/milestone

2. BODY SENSATION (physical feeling 3-7 seconds before automatic behavior)

Examples:

- Chest tightness
- Stomach drop
- Throat closing
- Heart racing
- Nausea
- Panic
- Dread
- "Something bad is coming" feeling

3. AUTOMATIC THOUGHT (what your mind says)

Examples:

- Disappearing: "This is too much" / "I need to get out"
- Apology Loop: "I'm being a burden"
- Testing: "They're going to leave anyway"
- Attraction to Harm: "Finally, someone exciting"
- Compliment Deflection: "They don't mean it"
- Draining Bond: "I can't abandon them"
- Success Sabotage: "I don't deserve this"

4. BEHAVIOR (what you did automatically)

Examples:

- Disappearing: Pulled away, canceled plans, went silent
- Apology Loop: Apologized before asking
- Testing: Picked fight, created test
- Attraction to Harm: Pursued red flag person



- Compliment Deflection: Made joke, deflected to others
- Draining Bond: Stayed when you should have left
- Success Sabotage: Quit, created crisis, self-destructed

HOW TO TRACK:

Option 1: Phone notes

Simple, fast, always available

Option 2: Voice memos

ADHD-friendly - just speak what happened

Option 3: Daily tracker template

(See bonus download - printable sheet)

Option 4: Spreadsheet

For data-oriented people

Pick ONE method. Don't try to track perfectly. Track MORE often than perfectly.

WEEK 1 EXPECTATIONS:

Days 1-2: You'll forget to track. That's normal.

Days 3-4: You'll catch pattern AFTER it runs. "Oh shit, that was the pattern."



Days 5-7: You'll catch it DURING execution. "I'm running the pattern right now."

End of Week 1 Goal: Recognizing pattern activation within 1-2 minutes of it happening

WEEK 2 EXPECTATIONS:

Days 8-10: Recognition speed increases. You catch it within 30 seconds.

Days 11-14: You start feeling the body signature BEFORE automatic behavior executes.

End of Week 2 Goal: Feeling the body sensation and recognizing "pattern is about to run"

WEEK 3 EXPECTATIONS:

Days 15-18: Pattern recognition becomes automatic. Body sensation = instant recognition.

Days 19-21: You can feel pattern activating and name it immediately. "That's [pattern name]."

End of Week 3 Goal: Identify pattern within 10 seconds of activation. Ready for interruption phase.



WEEKS 4-5: PAUSE PHASE

Goal: Create a gap between trigger and behavior

What to do:

- When pattern activates, PAUSE for 10 seconds
- Just pause. Don't do anything else.
- Count to 10. Breathe. Then track what happened.

Why this matters:

Patterns run automatically: Trigger → Sensation → Thought → Behavior (3-7 seconds total)

You need to slow that down. The pause creates space.

Success metric: 30% of activations include a 10-second pause

THE 10-SECOND PAUSE:

When you feel pattern activate:

1. **STOP** whatever you're about to do
2. **COUNT** to 10 (out loud or in head)
3. **BREATHE** (doesn't have to be deep, just breathe)
4. **THEN** decide what to do



You'll still execute automatic behavior 70% of the time. That's expected.

The goal is NOT to stop the pattern yet. The goal is to CREATE A GAP.

WEEK 4 EXPECTATIONS:

Days 22-24: Pause feels impossible. Pattern runs too fast. You try to pause AFTER behavior executes.

Days 25-28: You catch pattern during execution and pause mid-behavior. "Wait, I'm doing it right now."

End of Week 4 Goal: Successfully pause BEFORE automatic behavior 20% of the time

WEEK 5 EXPECTATIONS:

Days 29-31: Pause becomes slightly easier. You catch pattern earlier in the sequence.

Days 32-35: 30-40% of activations include a pause. Gap is forming.

End of Week 5 Goal: Pause happening 30%+ of the time. Ready for circuit break.



WEEKS 6-8: CIRCUIT BREAK PHASE

Goal: Add verbal interruption statement

What to do:

- When pattern activates, pause AND say circuit break statement
- Out loud or in your head
- THEN track what happened

Success metric: 40% of activations include circuit break statement

CIRCUIT BREAK STATEMENTS:

These are pre-written scripts. Use them verbatim until they feel natural.

DISAPPEARING PATTERN:

"The Disappearing Pattern just activated. I feel [chest tightness/panic/urge to flee]. The program wants me to pull away. I am choosing to stay and communicate instead."

Then say to person:

"I'm feeling scared about how close we're getting. This is my pattern from past trauma. I'm not leaving. I just need to tell you I'm scared."

APOLOGY LOOP:

"I'm about to apologize for [existing/asking/needing]. I have done nothing wrong. I am replacing 'sorry' with 'thank you.'"

Then say:

"Thank you for your time" (instead of "Sorry to bother you")

TESTING PATTERN:

"The Testing Pattern activated. I want to test if [person] really cares. I am not creating a test. I am asking directly."

Then say to person:

"I'm feeling insecure right now. Can you reassure me that you're not leaving?"



ATTRACTION TO HARM:

*"I feel chemistry with this person. Let me check: Are they safe or familiar? [List red flags if any].
This is pattern recognition, not love. I am choosing not to pursue."*

Then:

Don't pursue. Walk away. This is the Rewrite.

COMPLIMENT DEFLECTION:

*"Someone just complimented me. I want to deflect. I am saying only: 'Thank you.' No deflection.
No minimization. Just 'Thank you.'"*

Then say:

"Thank you." (Nothing else. Just that.)

DRAINING BOND:

*"I know I should leave this [relationship/job/situation]. I'm staying out of pattern, not love or
necessity. Leaving is self-preservation, not betrayal. I am making a plan to leave."*

Then:

Make actual plan. Date, steps, execution.

SUCCESS SABOTAGE:

"I'm approaching [milestone/success/breakthrough]. Success Sabotage is activating. I feel [panic/dread/'something bad is coming']. This is the pattern, not reality. I am allowed to succeed. I am continuing forward."

Then:

Do the next right thing. Don't quit. Don't sabotage.

WEEKS 6-8 EXPECTATIONS:

Week 6: Circuit break feels awkward. You'll forget to say it. When you do say it, pattern still executes.

Week 7: Circuit break starts happening more automatically. 30% of activations include it.

Week 8: 40%+ of activations include circuit break. Pattern grip is loosening.

End of Week 8 Goal: Circuit break becoming automatic response to pattern activation



WEEKS 9-12: REWRITE PHASE

Goal: Execute new behavior more often than automatic behavior

What to do:

- Pause + Circuit Break + NEW BEHAVIOR
- The new behavior is the Rewrite
- Goal: 51% Rewrite execution rate

Success metric: Execute Rewrite more often than you execute automatic behavior

REWRITES BY PATTERN:

DISAPPEARING PATTERN REWRITE:

Instead of: Pulling away, creating distance, canceling plans

Rewrite: Stay. Communicate fear instead of disappearing.

What it looks like:

- Partner says "I love you"
- Pattern activates (chest tightness, urge to flee)

- Pause + Circuit break
- Stay in the moment
- Say: *"I love you too. And I'm scared. This is new for me. Can we go slow?"*

APOLOGY LOOP REWRITE:

Instead of: "Sorry to bother you, but..."

Rewrite: "Thank you for your time. Can you help me with X?"

What it looks like:

- Need to ask boss for help
- Pattern activates (guilt, feeling like burden)
- Pause + Circuit break
- Replace "sorry" with "thank you"
- Say: *"Thank you for making time. I need help with [specific thing]."*

TESTING PATTERN REWRITE:

Instead of: Creating test (picking fight, pushing away, testing boundaries)

Rewrite: Ask directly for reassurance

What it looks like:

- Partner takes 3 hours to text back
- Pattern activates (panic, "they're leaving")

- Pause + Circuit break
 - Don't create test
 - Say: *"I noticed you took a while to respond and I felt scared you were pulling away. Can you reassure me you're still here?"*
-

ATTRACTION TO HARM REWRITE:

Instead of: Pursuing red flag person / Staying attracted to chaos

Rewrite: Choose safe person even if they feel "boring"

What it looks like:

- Meet someone with obvious red flags, feel strong chemistry
 - Pattern activates (excitement, "finally someone interesting")
 - Pause + Circuit break
 - List the red flags explicitly
 - Don't pursue
 - Give safe person a chance even if chemistry isn't instant
-

COMPLIMENT DEFLECTION REWRITE:

Instead of: Deflecting ("Oh, it was nothing" / "The team did it" / Self-deprecating joke)

Rewrite: Say "Thank you" only

What it looks like:

- Boss: "Great work on that project"
- Pattern activates (discomfort, want to minimize)
- Pause + Circuit break
- Say: *"Thank you."*
- Say nothing else. No deflection. No minimization.

DRAINING BOND REWRITE:

Instead of: Staying in toxic relationship/job/situation

Rewrite: Make plan to leave. Execute plan.

What it looks like:

- Know you should leave abusive relationship
- Pattern activates (guilt, "I can't abandon them")
- Pause + Circuit break
- Make actual plan: Date to leave, where you'll go, support you'll need
- Execute plan despite guilt

SUCCESS SABOTAGE REWRITE:

Instead of: Quitting before success, creating crisis, self-destructing

Rewrite: Continue forward despite panic

What it looks like:

- Approaching promotion/90 days sober/relationship milestone
 - Pattern activates (dread, "something bad is coming")
 - Pause + Circuit break
 - Do the next right thing anyway
 - Don't quit. Don't sabotage. Keep going.
-

WEEKS 9-12 EXPECTATIONS:

Week 9: Rewrite execution starts. You'll manage it 30% of the time. Pattern still wins most of the time.

Week 10: Rewrite happening 40% of the time. You can feel the pattern weakening.

Week 11: 50-60% Rewrite rate. You execute new behavior MORE than automatic behavior.

Week 12: 60-70% Rewrite rate. Pattern still activates but you interrupt it consistently.

End of Week 12: Pattern significantly weaker. Interruption is becoming your new automatic response.



DAY 90: WHAT TO EXPECT

The pattern will not be gone.

But:

- It activates less frequently (50-70% reduction in activation frequency)
- When it activates, intensity is lower
- You catch it faster
- You interrupt it more often than you execute it
- It no longer controls your life

That's success.

Pattern interruption is not pattern elimination. It's pattern management.

You're learning to interrupt code that's been running for 10, 20, 30+ years. 90 days weakens it significantly.

Continue the work. It gets easier.



SECTION 3: CIRCUIT BREAK LIBRARY

PRE-WRITTEN SCRIPTS FOR ALL 7 PATTERNS

Copy these. Paste them in your phone. Say them verbatim when pattern activates.

DISAPPEARING PATTERN SCRIPTS

SCRIPT 1: FOR ROMANTIC PARTNERS

"I need to tell you something. When we get close—like when you say 'I love you' or we make future plans—I feel panic. This is my Disappearing Pattern. It was installed when I was younger



and intimacy led to abandonment. It makes me want to pull away even though you're safe. I'm working on interrupting it. If you notice me creating distance, you can say 'Is the pattern running?' That helps me catch it. I'm not leaving. I'm just scared."

SCRIPT 2: MID-ACTIVATION (WHEN YOU'RE ABOUT TO DISAPPEAR)

"I'm feeling my pattern right now. I want to cancel our plans / pull away / create distance. This is the Disappearing Pattern, not reality. You haven't done anything wrong. Can I have 10 minutes alone to regulate? I'll come back."

(Then actually come back in 10 minutes)

SCRIPT 3: AFTER YOU'VE ALREADY DISAPPEARED

"I disappeared on you. That was my pattern running. I pulled away because intimacy triggered my nervous system, not because you did anything wrong. I'm sorry for the confusion and hurt this caused. I'm working on catching this earlier. Next time, I'll tell you when I'm feeling the urge to disappear instead of just doing it."



APOLOGY LOOP SCRIPTS

SCRIPT 1: REPLACING "SORRY" WITH "THANK YOU"

Instead of: "Sorry to bother you..."

Say: "Thank you for your time..."

Instead of: "Sorry for needing help..."

Say: "Thank you for helping me with this..."

Instead of: "Sorry I'm so needy..."

Say: "Thank you for being patient with me..."

SCRIPT 2: WHEN ASKING FOR WHAT YOU NEED

"I need [specific thing]. This is hard for me to ask because my pattern makes me feel like a burden. But I'm working on stating my needs without apologizing. Can you [specific request]?"



SCRIPT 3: WHEN SOMEONE SAYS "STOP APOLOGIZING"

"You're right. I apologize automatically because of a pattern I'm working on. I'll try to catch it. If you hear me apologize for something that doesn't warrant an apology, you can remind me."

TESTING PATTERN SCRIPTS

SCRIPT 1: INSTEAD OF CREATING A TEST

"I'm feeling insecure right now. My pattern wants me to test if you really care by [pushing you away / picking a fight / creating drama]. I'm not doing that. Instead, I'm asking directly: Are you still here? Are we okay?"

SCRIPT 2: WHEN YOU'VE ALREADY CREATED A TEST

"I just tested you. I [picked that fight / pushed you away / said something harsh] because my Testing Pattern activated. I was scared you were going to leave, so I tested if you'd stay through



conflict. This wasn't fair to you. You've shown me you're consistent. I'm working on trusting that without creating tests."

SCRIPT 3: FOR NEW RELATIONSHIPS

"I want to tell you about something I'm working on. I have a Testing Pattern where I push people away to see if they'll stay. You might see me create unnecessary conflict or pull away when things are going well. This isn't about you. It's my nervous system checking if you're safe. If this happens, the best response is to stay consistent but also call it out: 'Are you testing me right now?' That helps me recognize it."

ATTRACTION TO HARM SCRIPTS

SCRIPT 1: WHEN YOU MEET SOMEONE WITH RED FLAGS

"I feel strong chemistry with this person. Let me check: Do they match my pattern? Red flags: [list them]. This feels exciting because it's FAMILIAR harm, not because it's healthy. I'm choosing not to pursue this person."



SCRIPT 2: WHEN SAFE PERSON FEELS BORING

"This person is safe, consistent, and available. My pattern says they're 'boring' because there's no chaos. I'm going to give this 3 months before deciding. Attraction to safety can be built. Attraction to harm is instant but destructive."

SCRIPT 3: AFTER CHOOSING HARMFUL PERSON AGAIN

"I chose the harmful person again. I recognized the red flags and pursued anyway. This is my Attraction to Harm pattern. I'm attracted to familiar dysfunction, not love. Next time, I will [pause for 48 hours before pursuing anyone I feel instant chemistry with]."



COMPLIMENT DEFLECTION SCRIPTS

SCRIPT 1: WHEN COMPLIMENTED

Boss: "Great work on that project."

You: "Thank you." (Stop there. Say nothing else.)

Friend: "You're so talented."

You: "Thank you." (No deflection. No joke.)

Partner: "I'm proud of you."

You: "Thank you." (Just accept it.)

SCRIPT 2: IN PERFORMANCE REVIEWS / SALARY NEGOTIATIONS

*"Thank you for the feedback. I'd like to discuss a raise based on my performance. Specifically:
[List 3-5 achievements without minimizing them]. Based on this and market rates, I'm requesting
[specific number]."*



SCRIPT 3: WHEN LISTING ACHIEVEMENTS (RESUME, INTERVIEW, ETC.)

Don't write: "Helped with project that increased revenue"

Write: "Led project that increased revenue by 40%"

Don't say: "I just did what anyone would do"

Say: "I identified the problem and implemented solution X, which resulted in Y"

DRAINING BOND SCRIPTS

SCRIPT 1: WHEN DECIDING TO LEAVE

"I've stayed in this [relationship/job/situation] past the point I should have left. I'm bonded to this out of pattern, not love or necessity. Leaving is self-preservation, not betrayal. I'm making a plan to leave by [specific date]."



SCRIPT 2: WHEN OTHERS TELL YOU TO LEAVE

"I know you're telling me to leave because you care about me. You're right that this situation is harmful. I'm working on my Draining Bond pattern that keeps me here. I'm making a plan. I'll need your support when I execute it."

SCRIPT 3: WHEN GUILT TRIES TO PULL YOU BACK

"I feel guilty for leaving. The guilt is my pattern telling me I'm abandoning someone who needs me. But staying is destroying me. My job is to save myself, not sacrifice myself."

SUCCESS SABOTAGE SCRIPTS

SCRIPT 1: WHEN APPROACHING MILESTONE

"I'm at [90 days sober / promotion approaching / relationship going well / etc.]. I feel [panic / dread / 'something bad is coming']. This is Success Sabotage. The pattern wants me to destroy



this before external disaster does. But there is no disaster coming. This is safe. I'm allowed to succeed. I'm continuing forward."

SCRIPT 2: WHEN YOU WANT TO QUIT

"I want to quit right now. I want to blow this up. I want to self-destruct. This is the pattern activating at the exact moment of potential breakthrough. I'm not quitting. I'm calling my support person. I'm waiting 48 hours before making any decision."

SCRIPT 3: AFTER YOU'VE SABOTAGED

"I sabotaged [relationship / job / sobriety / achievement]. I destroyed it right when it was going well. This was Success Sabotage. I couldn't tolerate sustained goodness. Next time, I will [specific prevention plan]. I'm not giving up on the work."



SECTION 4: ORIGINAL ROOM EXCAVATION

FINDING WHERE YOUR PATTERN WAS INSTALLED

Every pattern has an origin point - the Original Room where it was installed.

This is usually childhood, but not always. Some patterns install in adulthood from severe trauma.

Why excavation matters:

Understanding where the pattern came from helps you:

1. See it's not random - it made sense at the time
 2. Differentiate then (when pattern was necessary) from now (when it's not)
 3. Thank the pattern for protecting you when you had no other options
 4. Release its function (you have other tools now)
-



THE EXCAVATION PROCESS

Step 1: Identify the automatic behavior

What does your pattern make you do?

Example (Disappearing): "When someone gets close, I pull away without explanation"

Step 2: Recognize the body signature

What physical sensation happens RIGHT BEFORE the automatic behavior?

Example: Chest tightness, urge to flee, throat closing

Step 3: Find the first time

Close your eyes. Remember the FIRST TIME you felt this exact body signature + automatic thought combination.

Don't force it. If a memory comes, it comes. If not, work with the survival logic instead (Step 4).

Prompts:

- How old were you?



- Where were you?
 - Who was there?
 - What was happening?
 - What did you need that you didn't get?
-

Step 4: Identify the survival logic

In that Original Room, what would have happened if you DIDN'T develop this pattern?

Example: "If I didn't pull away, I would have stayed attached to my mother who left suddenly. The pain would have destroyed me. Pulling away protected me from attachment that led to abandonment."

The pattern's job was to: Protect you from a threat you had no other way to handle

Step 5: Acknowledge the pattern

Write this (fill in blanks):

"Dear [Pattern Name],

You were installed when I was [age] during [event/situation]. At that time, you protected me from [threat]. If you hadn't existed, I would have [consequence]. Thank you for keeping me safe when I had no other options.



I'm [current age] now. The threat that created you no longer exists. I have [resources/skills/support] now that I didn't have then. I don't need you to protect me the same way anymore.

I'm working on interrupting you. This doesn't mean you were wrong. It means circumstances have changed.

Thank you for your service. I'm taking it from here."

Step 6: Differentiate THEN vs NOW

THEN (Original Room)	NOW (Current Reality)
Age: <input type="text"/>	Age: <input type="text"/>
Threat: <input type="text"/>	Threat level: <input type="text"/>
Resources: None	Resources: <input type="text"/>
Could leave? No	Can leave? <input type="text"/>
Had to survive	Can choose differently

The pattern made sense THEN. It doesn't fit reality NOW.

EXCAVATION EXAMPLES

EXAMPLE 1: DISAPPEARING PATTERN

Age: 8

Original Room: Parents divorced suddenly. Father left without warning.

Survival Logic: "If I don't get attached, I won't be destroyed when they leave."

Pattern function: Create distance before abandonment happens

THEN: Father's sudden departure was catastrophic. No warning. No control. Attachment = devastation.

NOW: Partners are not father. I can recognize red flags. I can leave if needed. I have agency. Closeness ≠ guaranteed abandonment.

EXAMPLE 2: APOLOGY LOOP

Age: 5-10

Original Room: Youngest of 4 kids. Mother overwhelmed. Father absent.

Survival Logic: "If I'm not a burden, maybe they'll have capacity for me."

Pattern function: Minimize needs to be manageable

THEN: Needs really were "one more thing" for exhausted mother. Being small = being loved.



NOW: Partner/friends/boss are not my overwhelmed mother. My needs are normal. I'm not competing for scraps of attention.

EXAMPLE 3: SUCCESS SABOTAGE

Age: 12

Original Room: Won academic award. Narcissistic parent couldn't tolerate child's success. Punished for achieving.

Survival Logic: "If I don't succeed visibly, I won't be punished."

Pattern function: Stay small to stay safe

THEN: Success literally led to punishment. Staying small was actual safety.

NOW: Boss/partner are not narcissistic parent. My success doesn't threaten them. Achievement is safe now.

IF YOU CAN'T REMEMBER ORIGINAL ROOM

Some people don't have clear memories.



Reasons:

- Age (pattern installed before age 5 = limited memory)
- Dissociation (trauma blocked the memory)
- Cumulative trauma (no single event, just ongoing environment)

You can still interrupt the pattern without remembering the specific Original Room.

Work with the survival logic:

"This pattern exists because at some point, it protected me from something. Even if I don't remember the specific moment, I can understand: [pattern behavior] made sense as survival mechanism. It no longer fits my current reality."

You don't need perfect memory to interrupt patterns.



SECTION 5: TRACKING INSTRUCTIONS

WHAT TO TRACK, HOW TO TRACK, WHEN TO TRACK

WHAT TO TRACK

THE 4 ESSENTIAL DATA POINTS:

1. TRIGGER (what happened right before pattern activated)



Be specific:

- ❌ "Partner was distant"
- ✅ "Partner took 3 hours to text back"

- ❌ "Boss gave feedback"
- ✅ "Boss said 'good work' in meeting"

2. BODY SENSATION (physical feeling before automatic behavior)

Your body signature. Common ones:

- Chest tightness
- Stomach drop
- Throat closing
- Heart racing
- Nausea
- Hypervigilance
- Shakiness
- Dread

3. AUTOMATIC THOUGHT (what your mind said)

The story your pattern tells:

- Disappearing: "This is too much"
- Apology Loop: "I'm a burden"
- Testing: "They're going to leave"
- Attraction to Harm: "Finally someone exciting"
- Compliment Deflection: "They don't mean it"
- Draining Bond: "I can't abandon them"
- Success Sabotage: "I don't deserve this"

4. BEHAVIOR (what you did)



AUTO = Executed automatic behavior

REWRITE = Interrupted successfully

HOW TO TRACK

METHOD 1: PHONE NOTES (RECOMMENDED FOR MOST PEOPLE)

Simple format:

Date: 12/6

Trigger: Partner said ILY

Body: Chest tight

Thought: Too much

Behavior: AUTO (pulled away)

Pros: Always available, fast, private

Cons: Easy to forget



METHOD 2: VOICE MEMOS (ADHD-FRIENDLY)

Just speak what happened:

"Okay, pattern activated. Partner just said they love me, I felt chest tightness, thought 'this is too much,' and I pulled away. That's AUTO. Moving on."

Pros: Fastest method, no writing

Cons: Need to transcribe later if you want data

METHOD 3: PRINTABLE DAILY TRACKER (SEE BONUS DOWNLOAD)

Paper template you can print.

Pros: Tactile, satisfying to fill in

Cons: Have to carry it, can lose it

METHOD 4: SPREADSHEET (FOR DATA PEOPLE)

Columns: Date, Trigger, Body, Thought, Behavior (AUTO/REWRITE), Notes



Pros: Trackable metrics, graphs possible

Cons: More complex, not fast

WHEN TO TRACK

OPTION 1: IMMEDIATELY AFTER ACTIVATION (RECOMMENDED)

Track within 5 minutes of pattern activating.

Pros: Most accurate

Cons: Might not always be possible

OPTION 2: END OF DAY REVIEW

At night, recall all activations from that day.

Pros: Less disruptive to daily life

Cons: Memory less accurate



OPTION 3: VOICE MEMO DURING, TRANSCRIBE LATER

Record what's happening in the moment via voice memo. Transcribe nightly.

Pros: Captures real-time data without slowing down

Cons: Requires extra step

TRACKING TIPS

1. Track MORE often than perfectly

Missed a day? Start again next day. Don't spiral.

2. Don't track forever

90 days is the protocol. After that, switch to weekly reviews instead of daily tracking.



3. If tracking triggers pattern (Apology Loop)

Apology Loop people might feel guilty about tracking ("I'm being too obsessive" / "This is too much").

Circuit break: "Tracking my pattern is not obsessive. It's data collection. I'm allowed to work on myself."

4. If ADHD makes tracking impossible

- Use voice memos (easiest)
 - Track weekly instead of daily ("This week I noticed pattern activated approximately X times")
 - Have accountability partner text you daily: "Did you track today?"
-

5. Success metrics by week

- Week 1: Track 3-4 days minimum
- Week 2: Track 5-6 days minimum



- Week 3-12: Track 6-7 days per week

Missing days is normal. Quitting forever is failure. Keep starting again.

SECTION 6: CRISIS PROTOCOLS

WHAT TO DO WHEN PATTERN CAUSES MAJOR DAMAGE



CRISIS PROTOCOL 1: 5-MINUTE EMERGENCY INTERRUPT

When: Pattern activated, you're spiraling, can't think clearly

Time required: 5 minutes

STEP 1: STOP EVERYTHING (60 SECONDS)

Set timer for 60 seconds.

Do nothing. Move to different location if possible.

Just exist for 60 seconds.

STEP 2: NAME THE PATTERN (30 SECONDS)

Say out loud or write down:

"The [pattern name] just activated."



Don't know which pattern? Just say: *"A pattern just activated."*

STEP 3: IDENTIFY THE DAMAGE (60 SECONDS)

Write one sentence:

"What I just did:"  _____

"The damage is:"  _____

STEP 4: DELAY FURTHER DAMAGE (SET TIMER FOR 2 HOURS)

Commit: I will not make this worse for 2 hours.

No more texts. No more calls. No more decisions. No more automatic behaviors.

Just 2 hours of pause.



STEP 5: EMERGENCY CONTACT (90 SECONDS)

Text or call ONE person:

"My [pattern] just ran. I did [behavior]. I'm using emergency protocol. I need to not be alone for 2 hours. Can you talk/text with me?"

If no one available: Text Crisis Text Line (HOME to 741741)

CRISIS PROTOCOL 2: SUICIDAL IDEATION FROM PATTERN ACTIVATION

CRITICAL: If you have plan and means, call 988 or 911 NOW. Don't use this protocol.

This protocol is for: Passive suicidal thoughts triggered by pattern damage ("I want to die because I ruined everything again")

WHY PATTERNS TRIGGER SUICIDAL THOUGHTS

When pattern causes major damage, your brain says:

"I did it again. I'll never change. Everyone would be better off without me."

This is not reality. This is the pattern reinforcing itself.

The pattern WANTS you to believe you're unfixable. If you're dead, pattern doesn't have to change.

Suicidal ideation after pattern activation = pattern's last-ditch effort to avoid interruption.

EMERGENCY INTERRUPT STEPS

Step 1: RECOGNIZE THE PATTERN

Say out loud:

"I'm having suicidal thoughts because my pattern just ran. This is not evidence I should die. This is the pattern trying to protect itself."

Step 2: DELAY (Not forever, just 24 hours)



"I don't have to decide about dying right now. I can choose to die tomorrow. But not today. Just 24 hours."

Set timer for 24 hours.

Step 3: CONTACT CRISIS SUPPORT

Call 988 (Suicide & Crisis Lifeline)

Or **text HOME to 741741** (Crisis Text Line)

Say: *"I'm having suicidal thoughts after a pattern activation. I'm not in immediate danger but I need to talk."*

Step 4: PHYSICAL INTERVENTION

Do something that requires your body to focus:

- 50 jumping jacks
- Cold shower (as cold as you can stand for 60 seconds)
- Hold ice in hands until it melts
- Run around the block



Physical intensity interrupts thought spiral.

Step 5: CALL YOUR SAFETY PERSON

Text or call the person you designated:

"I'm having suicidal thoughts. Pattern just ran. I'm not going to act on it, but I need to not be alone right now. Can you talk or come over?"

CRISIS PROTOCOL 3: RELATIONSHIP DESTRUCTION EMERGENCY

When: Pattern just destroyed a relationship (or is about to)

IF IT JUST HAPPENED:

Step 1: STOP TALKING



Do not try to explain while dysregulated. You will make it worse.

Step 2: SEND ONE MESSAGE

"I need [X hours] to calm down and think clearly. I'm not abandoning this conversation. I will reach out at [specific time]. I'm sorry for [specific behavior you did]."

Then actually follow through.

Step 3: REGULATE YOURSELF

5-4-3-2-1 grounding:

- 5 things you see
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Repeat until you can think clearly.

Step 4: PATTERN ANALYSIS (Write this down)

- Which pattern ran?
- What was trigger?
- What did I do automatically?
- What damage did it cause?

Step 5: PLAN THE REPAIR

You will repair this. But not right now.

When you're calm (6-24 hours later), use repair script from Section 3.



IF IT'S ABOUT TO HAPPEN:

You feel pattern activating and you're about to blow up the relationship.

EMERGENCY INTERRUPT:

Say out loud to your partner:

"I need to tell you something. My pattern is activating right now. I feel [physical sensation]. The pattern wants me to [automatic behavior]. I don't want to do that. Can I take 10 minutes and come back?"

Then leave room. Set timer for 10 minutes. Regulate. Return.

CRISIS PROTOCOL 4: RELAPSE EMERGENCY (ADDICTION)

When: About to relapse (or just relapsed) and spiraling



IF YOU HAVEN'T USED YET:

DELAY PROTOCOL:

1. Set timer for 15 minutes
2. Do not use before timer expires
3. Call sponsor: *"I'm about to relapse. Pattern is running. Talk me through this."*
4. Leave location where substance is
5. Go to meeting (in-person or online)

Often, urgency decreases in 15 minutes.

If still urgent after 15:

- Set timer for another 15
- Repeat

Goal: Delay long enough for compulsion to decrease

IF YOU JUST RELAPSED:

DO NOT SPIRAL INTO SHAME.

Shame will make you use more.

Step 1: STOP THE BLEEDING



Do not use again right now. One use ≠ week-long binge.

Step 2: CALL SUPPORT

Call sponsor/therapist/support person:

"I just relapsed. I used [substance]. I'm not using again today. I need support."

Step 3: STUDY THE PATTERN

When slightly more stable, write:

Trigger: What happened right before urge?

Pattern: Which pattern activated? (Success Sabotage? Draining Bond?)

Circuit break failure: Where did my interruption fail?

This is data, not evidence you're hopeless.

Step 4: RETURN TO PROTOCOL IMMEDIATELY

Do not wait days or weeks to "get back on track."

Start tracking again TODAY. Relapse is part of pattern interruption process.

Step 5: ADJUST CIRCUIT BREAK

Whatever you tried didn't work this time.

Design new one:

- Stronger delay (30 minutes instead of 15)
- Different support person
- Different physical intervention
- Different environment removal strategy



EMERGENCY CONTACTS

Write these down NOW:

Suicide & Crisis Lifeline: 988

Crisis Text Line: Text HOME to 741741

My Therapist: _____

My Emergency Person #1: _____

My Emergency Person #2: _____

My Sponsor (if applicable): _____



SECTION 7: RELATIONSHIP COMMUNICATION SCRIPTS

HOW TO TALK ABOUT YOUR PATTERNS

SCRIPT 1: TELLING A PARTNER ABOUT YOUR PATTERN (FIRST TIME)

When to use: Early in relationship, things are getting serious

Full script:



"I want to talk to you about something important. It's about how I sometimes react in relationships.

I run a pattern called [pattern name]. What that means is: when [trigger], I automatically [behavior].

This pattern was installed when I was younger during [brief Original Room - only if you want to share]. At that time, it kept me safe by [survival logic].

This pattern is not about you. You're safe and you've shown me that. But my nervous system doesn't know that yet. Sometimes it will react as if you're [childhood threat], even though you're not.

When this pattern runs, it might look like: [specific behaviors they'll see].

What would help me: if you notice me [pattern behavior], you can say '[specific phrase like "Is the pattern running?"]' and that helps me recognize it. Then I can tell you what I'm feeling instead of just doing the automatic behavior.

I'm working on interrupting this. It will happen less over time. I just wanted you to know what you might see and that it's not about you."

SCRIPT 2: REPAIR AFTER PATTERN DAMAGED RELATIONSHIP

When to use: Pattern ran, hurt partner, need to repair



Full script:

"I need to talk about what happened. I [specific behavior - disappeared/tested you/picked fight/etc.]. That hurt you and damaged your trust in me.

This was my [pattern name]. When [trigger happened], my nervous system interpreted it as [threat], even though you're safe. Instead of communicating that, I [automatic behavior].

I should have told you what I was feeling. That's on me. I'm responsible for managing my pattern, even though it runs automatically.

I'm working on interrupting this pattern. Specifically, next time [trigger] happens, I will [specific circuit break/Rewrite].

To repair the damage, I will [specific action if appropriate]. Is there anything else you need from me?"

SCRIPT 3: MID-ACTIVATION (PREVENTING DAMAGE)

When to use: Pattern activating RIGHT NOW, want to interrupt before damage

Full script:

"I need to pause this conversation. My [pattern] is activating. I feel [body sensation - chest tight/panic/etc.]. The pattern wants me to [automatic behavior - pull away/pick fight/test you/etc.].



I don't want to do that. Can I have [10 minutes/an hour] to regulate? I'll come back and we can finish this conversation. I'm not abandoning it."

(Then actually come back in specified time)

SCRIPT 4: WHEN PARTNER TRIGGERS YOUR PATTERN (NOT MALICIOUSLY)

When to use: Partner did something normal, your pattern activated

Full script:

"When you [specific thing they did], my pattern activated. I know you didn't mean anything by it. But my nervous system interpreted it as [threat from childhood].

What I need: [specific request]. Can you [do this differently/reassure me/give me space/etc.]?"

Example:

"When you went out with friends without texting, my Testing Pattern activated. I know you're allowed to have a life. But my nervous system interpreted silence as abandonment. What I need: A quick text when you're out just saying 'hey, having fun, see you later.' Can you do that?"



SCRIPT 5: WHEN PARTNER IS UNSAFE (WEAPONIZING YOUR PATTERN)

When to use: Partner uses your pattern against you, mocks it, or triggers it intentionally

Red flag responses from partner:

- "You're just running your pattern" (dismissing legitimate concerns)
- Mocking your vulnerability
- Intentionally triggering pattern
- Using pattern knowledge to manipulate you

Full script:

"I shared my pattern with you so you could understand me better, not so you could use it against me. When you [specific behavior - mock it/dismiss my concerns by blaming pattern/trigger it intentionally], that's abuse.

A safe partner supports my growth. An unsafe partner weaponizes my wounds.

This needs to stop immediately, or I need to reconsider if this relationship is safe for me to do pattern work in."



SCRIPT 6: ENLISTING PARTNER'S SUPPORT

When to use: Want partner to help you recognize pattern activation

Full script:

"I'm working on interrupting my [pattern]. Sometimes I can't see when it's running. Would you be willing to help me catch it?"

If you notice me [pattern behavior], you can say: '[agreed-upon phrase like "Is the pattern running?" or "Circuit break?"]'

That's not criticism. That's support. It helps me recognize the pattern faster so I can interrupt it.

Are you comfortable doing that?"

SCRIPT 7: WHEN YOU DON'T WANT TO SHARE PATTERN DETAILS

When to use: Early relationship, not ready to explain full pattern history



Full script:

"I'm working on some behavioral patterns from my past. Sometimes I might [specific behavior you know they'll see]. It's not about you. It's something I'm interrupting. I'll tell you more about it when I'm ready. For now, I just wanted you to know that if you see me do that, it's my pattern, not your fault."

SCRIPT 8: ASKING FOR PATIENCE DURING 90-DAY PROTOCOL

When to use: Beginning protocol, want partner to know this is temporary intensity

Full script:

"I'm starting a 90-day pattern interruption protocol. For the next 90 days, I'm going to be tracking my [pattern] and working on interrupting it."

You might notice me:

- Pausing mid-conversation
- Asking for reassurance more than usual
- Naming my pattern out loud
- Seeming more self-aware of my reactions

"This is me doing the work. It will be intense for 90 days, then it gets easier. I'd appreciate your patience while I work through this."



SCRIPT 9: WHEN PARTNER HAS PATTERNS TOO

When to use: Both of you run patterns, want to support each other

Full script:

"We both have patterns. I have [your pattern], you have [their pattern]. Sometimes our patterns trigger each other.

What if we created a system: When either of us notices a pattern running - ours or the other person's - we can say 'Pattern check' and pause the interaction. No blame, just recognition.

Then we can name which pattern is running and decide how to handle it together. Does that work for you?"



SCRIPT 10: BOUNDARIES AROUND PATTERN WORK

When to use: Partner is too involved in your pattern work, or not respecting your process

Full script:

"I appreciate that you want to help me with my pattern work. But I need you to understand:

I'm responsible for managing my pattern, not you.

You can support me by [specific thing], but you can't fix me.

When you [specific behavior - constantly point out my pattern/try to manage my tracking/etc.], it feels like [criticism/control/etc.].

What I need from you is: [specific boundary]."

CONCLUSION: WHAT HAPPENS AFTER 90 DAYS

Day 90 is not the end. It's the beginning.



You've weakened the pattern significantly. But it still exists.

YOUR OPTIONS AFTER 90 DAYS:

Option 1: Continue protocol for another 90 days

- Deepen the work on same pattern
- Get to 80-90% interruption rate
- Strengthen the Rewrite

Option 2: Move to maintenance mode

- Track weekly instead of daily
- Monthly check-ins
- Pattern still activates occasionally but manageable

Option 3: Begin work on secondary pattern

- Use same 90-Day Protocol
- Apply what you learned from first pattern

Option 4: All of the above

- Maintenance on primary
 - Start work on secondary
 - Deepen as needed
-



MAINTENANCE MODE (After 90 Days)

Weekly tracking instead of daily:

End of each week:

- How many times did pattern activate?
- How many successful Rewrites?
- Any new triggers identified?
- Adjustments needed?

Monthly deep reflection:

- Compare to 30 days ago
 - Overall trajectory?
 - Pattern intensity changes?
 - Life improvements?
-

WHEN PATTERNS REACTIVATE AFTER MONTHS/YEARS

This WILL happen.



Extreme stress, anniversary of trauma, new relationship that mirrors childhood - pattern can reactivate after being dormant.

This is not failure. This is normal.

Response:

1. "Oh, [pattern] is back."
2. "I've interrupted this before. I can do it again."
3. Return to basics: Same circuit breaks that worked before
4. Adjust as needed: You're different now. Update Rewrites.

FINAL WORDS

You've been running this pattern for years, maybe decades.

90 days won't eliminate it. But 90 days will WEAKEN it.

And weak enough is good enough.

The pattern will still activate. But you'll catch it faster. Interrupt it more often. It won't control your life anymore.

Track. Interrupt. Rewrite. Repeat.

That's the work.

Welcome to pattern interruption.



END OF MAIN GUIDE



BONUS MATERIALS

**BONUS 1: PRINTABLE DAILY
TRACKER (See separate download)**

**BONUS 2: WEEKLY REVIEW
TEMPLATE (See separate download)**

**BONUS 3: EMERGENCY PROTOCOL
CARDS (See separate download)**



Total pages: ~75-80 of dense, actionable content

