



THE ARCHIVIST

METHOD™

COMPLETE ARCHIVE

A systematic approach to identifying and interrupting the destructive patterns that have been running your life. This is not therapy. This is pattern archaeology—excavating the programs installed in childhood and replacing them with conscious choice.

PATTERN ARCHAEOLOGY, NOT THERAPY

MODULE 0: EMERGENCY PROTOCOLS

STOP. READ THIS FIRST.

WHAT JUST HAPPENED (THE SHORT VERSION)

WHAT TO DO RIGHT NOW

ONE MORE THING

MINUTE 1: GROUND

MINUTE 2: BREATHE (BOX BREATHING)

MINUTE 3: NAME THE PATTERN

MINUTE 4: ASSESS THE DAMAGE

MINUTE 5: SET ONE MICRO-INTENTION

WHAT HAPPENS NEXT

THE NINE PATTERNS

WHAT TO DO NEXT

IF YOU ARE IN IMMEDIATE DANGER

IF YOU ARE SAFE BUT ACTIVATED

IF YOUR PATTERN INVOLVES SOMEONE ELSE'S SAFETY

IF YOUR PATTERN KEEPS YOU IN A DANGEROUS SITUATION

WHEN THIS BOOK IS NOT ENOUGH



MODULE 1: FOUNDATION

THE PROBLEM

WHAT THE ARCHIVIST METHOD ACTUALLY DOES

WHY "THE ARCHIVIST"

WHAT THIS BOOK CONTAINS

HOW TO USE THIS BOOK

WHAT THIS BOOK DOES NOT DO

THE ONLY WAY TO FAIL

WHAT THERAPY DOES WELL

WHAT THERAPY DOES NOT DO (FOR MOST PEOPLE)

THE GAP THAT THIS FILLS

WHY PEOPLE STAY STUCK IN THERAPY

THE STRONGEST COMBINATION

IF YOU HAVE BEEN IN THERAPY FOR YEARS

IF YOU CANNOT ACCESS THERAPY

WHAT YOU HAVE PROBABLY TRIED

WHY THOSE APPROACHES FAIL

WHAT MAKES THIS SYSTEM DIFFERENT

WHAT THIS SYSTEM REQUIRES FROM YOU

THIS IS NOT FOR YOU IF:

THIS IS FOR YOU IF:

PATTERN 1: THE DISAPPEARING PATTERN

PATTERN 3: THE TESTING PATTERN

PATTERN 4: ATTRACTION TO HARM

PATTERN 5: THE DRAINING BOND

PATTERN 6: COMPLIMENT DEFLECTION

PATTERN 7: THE PERFECTIONISM PATTERN

PATTERN 8: SUCCESS SABOTAGE

PATTERN 9: THE RAGE PATTERN

PATTERNS OVERLAP

THE THREE CRITERIA

THE PATTERN IDENTIFICATION ASSESSMENT

TALLYING YOUR RESULTS

WHAT IF I HAVE MULTIPLE HIGH-SCORING PATTERNS

COMMON IDENTIFICATION MISTAKES

WHAT TO DO NEXT

MODULE 2: THE FOUR DOORS

THE FOUR DOORS

HOW THE DOORS WORK TOGETHER

THE MINIMUM VIABLE SYSTEM

THE ORDER

WHAT EACH DOOR GIVES YOU

THE CIRCUIT (HOW EVERY PATTERN RUNS)

WHY THE GAP MATTERS

WHAT RECOGNITION ACTUALLY MEANS

THE THREE RECOGNITION TARGETS



THE RECOGNITION PRACTICE PROTOCOL

WHAT RECOGNITION FEELS LIKE

COMMON RECOGNITION OBSTACLES



WHAT EXCAVATION IS

WHY EXCAVATION HELPS (BUT IS NOT REQUIRED)

THE ORIGINAL ROOM

THE EXCAVATION PROCESS

WHAT EXCAVATION DOES NOT DO

IF EXCAVATION SURFACES SOMETHING BIG

THE GAP

WHAT A CIRCUIT BREAK IS

WHY OUT LOUD

THE CIRCUIT BREAK FORMULA

SHORT VERSIONS (FOR OVERWHELM)

HOW TO PRACTICE THE CIRCUIT BREAK

WHAT HAPPENS WHEN THE CIRCUIT BREAK WORKS

THE INTERRUPT TIMELINE

COMMON INTERRUPTION PROBLEMS

WHY YOU NEED AN OVERRIDE

THE OVERRIDE FORMULA

GRADUATED OVERRIDE SCRIPTS

THE OVERRIDE PRACTICE PROTOCOL

WHEN THE OVERRIDE FEELS WRONG

OVERRIDE + CIRCUIT BREAK: THE FULL SEQUENCE

MODULE 3: THE PATTERNS

THE PROGRAM

WHAT IT LOOKS LIKE

THE PARADOX

WHO RUNS THIS PATTERN

WHEN INTERRUPTION IS NOT WORKING

FAILED INTERRUPT CASE STUDY



ROMANTIC RELATIONSHIP

WORKPLACE

FRIENDSHIP

FAMILY

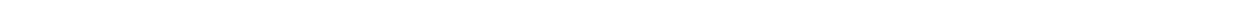
BODY SIGNATURES

AUTOMATIC THOUGHTS

BEHAVIORAL URGES

PRACTICE PROTOCOL: NEXT 24 HOURS





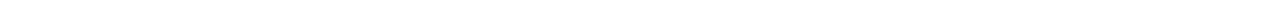
THE ALTERNATIVE PATHWAY

WHY THIS CIRCUIT RUNS THE WAY IT DOES

CIRCUIT SPEED FOR THE DISAPPEARING PATTERN

HOW THE DISAPPEARING PATTERN INSTALLS





YOUR EXCAVATION

RELATIONSHIPS

CAREER AND MONEY

TIME AND OPPORTUNITIES

HEALTH

YOUR NUMBERS

RECOGNIZING IT IN THE GAP

THE CIRCUIT BREAK SCRIPT

OUT LOUD VS. IN HEAD

WHAT HAPPENS WHEN YOU SAY IT

PRACTICE PROTOCOL

COMMON INTERRUPTION OBSTACLES

WHY THIS OVERRIDE WORKS

SCENARIOS: OLD PATTERN VS. OVERRIDE

EXECUTION STEPS

TIMELINE TO NATURAL

REPS NEEDED

THE PROGRAM

THE COST SUMMARY

WHEN INTERRUPTION IS NOT WORKING

FAILED INTERRUPT CASE STUDY



ROMANTIC RELATIONSHIP

WORKPLACE

FRIENDSHIP

FAMILY

BODY SIGNATURES

AUTOMATIC THOUGHTS

PRACTICE PROTOCOL: NEXT 24 HOURS

THE ALTERNATIVE PATHWAY

WHY THIS CIRCUIT RUNS THE WAY IT DOES

CIRCUIT SPEED FOR THE APOLOGY LOOP

HOW THE APOLOGY LOOP INSTALLS







RELATIONSHIPS

CAREER AND MONEY

TIME AND OPPORTUNITIES

HEALTH

RECOGNIZING IT IN THE GAP

THE SORRY-TO-THANK-YOU SWAP

OUT LOUD VS. IN HEAD

WHAT HAPPENS WHEN YOU SAY IT

PRACTICE PROTOCOL

COMMON INTERRUPTION OBSTACLES



WHY THIS OVERRIDE WORKS

SCENARIOS: OLD PATTERN VS. OVERRIDE

EXECUTION STEPS

TIMELINE TO NATURAL

REPS NEEDED

THE PROGRAM

WHAT IT LOOKS LIKE

THE SELF-FULFILLING PROPHECY

WHO RUNS THIS PATTERN

WHEN INTERRUPTION IS NOT WORKING



ROMANTIC RELATIONSHIP

WORKPLACE

FRIENDSHIP

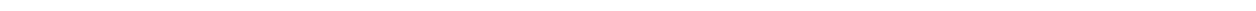
FAMILY

BODY SIGNATURES

AUTOMATIC THOUGHTS

BEHAVIORAL URGES

PRACTICE PROTOCOL: NEXT 24 HOURS





WHY THIS CIRCUIT RUNS THE WAY IT DOES

HOW THE TESTING PATTERN INSTALLS



RELATIONSHIPS

CAREER AND MONEY

TIME AND OPPORTUNITIES

HEALTH

YOUR NUMBERS

RECOGNIZING IT IN THE GAP

THE CIRCUIT BREAK SCRIPT

THE CRITICAL SHIFT: TEST TO ASK

WHAT HAPPENS WHEN YOU ASK INSTEAD OF TEST

PRACTICE PROTOCOL



WHY THIS OVERRIDE WORKS

SCENARIOS: OLD PATTERN VS. OVERRIDE

EXECUTION STEPS

REPS NEEDED

THE PROGRAM

WHAT IT LOOKS LIKE

THE CONFUSION

WHO RUNS THIS PATTERN

WHEN INTERRUPTION IS NOT WORKING



FAILED INTERRUPT CASE STUDY

ROMANTIC RELATIONSHIP

FRIENDSHIP

FAMILY

BODY SIGNATURES

AUTOMATIC THOUGHTS

BEHAVIORAL URGES

PRACTICE PROTOCOL: NEXT 24 HOURS



THE ALTERNATIVE PATHWAY

WHY THIS CIRCUIT RUNS THE WAY IT DOES

CIRCUIT SPEED

HOW ATTRACTION TO HARM INSTALLS



RELATIONSHIPS

CAREER AND MONEY

TIME AND OPPORTUNITIES

HEALTH

RECOGNIZING IT IN THE GAP

THE CIRCUIT BREAK SCRIPT

THE SAFETY ASSESSMENT

WHAT HAPPENS WHEN YOU CHOOSE SAFETY INSTEAD

PRACTICE PROTOCOL

COMMON INTERRUPTION OBSTACLES

WHY THIS OVERRIDE WORKS

SCENARIOS: OLD PATTERN VS. OVERRIDE

EXECUTION STEPS

TIMELINE TO NATURAL

REPS NEEDED

THE PROGRAM

WHAT IT LOOKS LIKE

THE DIFFERENCE BETWEEN COMMITMENT AND CAPTIVITY

WHEN INTERRUPTION IS NOT WORKING



ROMANTIC RELATIONSHIP

WORKPLACE

FRIENDSHIP

FAMILY

BODY SIGNATURES

AUTOMATIC THOUGHTS

BEHAVIORAL URGES

PRACTICE PROTOCOL: NEXT 24 HOURS



THE ALTERNATIVE PATHWAY

WHY THIS CIRCUIT RUNS THE WAY IT DOES

CIRCUIT SPEED

HOW THE DRAINING BOND INSTALLS



RELATIONSHIPS

CAREER AND MONEY

TIME AND OPPORTUNITIES

HEALTH

YOUR NUMBERS

A CRITICAL NOTE BEFORE WE BEGIN

THE CIRCUIT BREAK SCRIPT

WHY THIS CIRCUIT BREAK IS DIFFERENT

WHAT HAPPENS WHEN YOU SAY IT

PRACTICE PROTOCOL

COMMON INTERRUPTION OBSTACLES

WHY THIS OVERRIDE IS DIFFERENT

SCENARIOS: OLD PATTERN VS. OVERRIDE

EXECUTION STEPS

TIMELINE

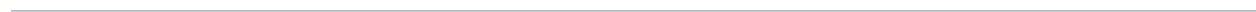
THE PROGRAM

THE CONFUSION

WHO RUNS THIS PATTERN

WHEN THE INTERRUPT IS NOT WORKING

FAILED INTERRUPT CASE STUDY



WORKPLACE

ROMANTIC RELATIONSHIP

FRIENDSHIP



BODY SIGNATURES

AUTOMATIC THOUGHTS

TRACKING EXERCISE

PATTERN EXECUTION LOG

THE CIRCUIT MAP

STAGE 1: TRIGGER

STAGE 2: BODY ACTIVATION

STAGE 3: AUTOMATIC THOUGHT

STAGE 4: DEFLECTION SCRIPT

STAGE 5: RELIEF

STAGE 6: COST

PATTERN ARCHAEOLOGY REPORT

CAREER COST

RELATIONSHIP COST

SELF-IMAGE COST

THE GENERATIONAL COST

THE CIRCUIT BREAK

WHY THIS IS HARD

THE THREE-WEEK PROTOCOL

THE ADVANCED INTERRUPT

GRADUATED OVERRIDE SCRIPTS

THE SELF-COMPLIMENT PRACTICE

OVERRIDE PRACTICE SCHEDULE

PATTERN SUMMARY

THE CIRCUIT

CIRCUIT BREAK

KEY DISTINCTION

DEFINITION

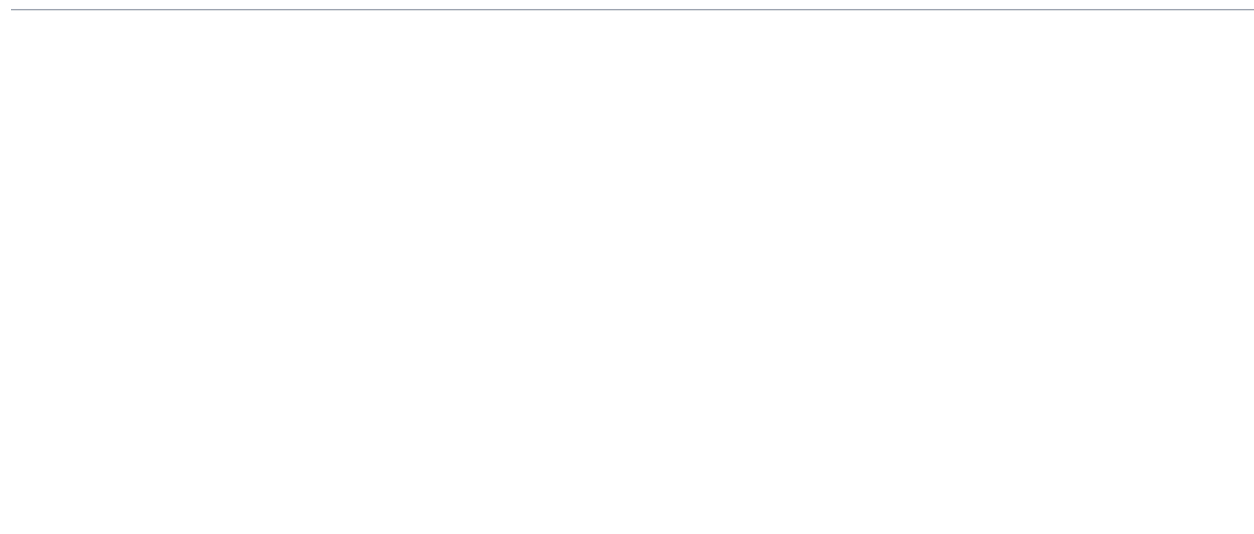
THE MECHANISM

HOW IT OPERATES DAILY

THE CORE LIE

THE PARADOX

COMMON OBSTACLES AND SOLUTIONS



HOW THE PATTERN PRESENTS ACROSS LIFE DOMAINS

THE SOCIAL DISGUISE

THE SPECTRUM

BODY SIGNATURES

TRIGGER MAP

AUTOMATIC THOUGHTS

TRACKING EXERCISE

SUBJECT: ELLIOT, 36



THE LOOP

STAGE 1: APPROACH

STAGE 2: ALARM

STAGE 3: REVISION

STAGE 4: DEPLETION

STAGE 5: FORCED SUBMISSION OR ABANDONMENT

THE CIRCUIT'S LOGIC

THE REAL CIRCUIT

SUBJECT: NADIA, 38





TIME COST

CAREER COST

RELATIONSHIP COST

CREATIVE COST

THE INTERRUPT POINT

THE CIRCUIT BREAK

THE TIMER METHOD

THE "GOOD ENOUGH" THRESHOLD

THE EXPOSURE PROTOCOL

THE DELEGATION INTERRUPT



WHAT AN OVERRIDE IS

THE GRADUATED OVERRIDE SCRIPTS

OVERRIDE PRACTICE PROTOCOL

MAINTENANCE

PATTERN SUMMARY

THE CIRCUIT

CIRCUIT BREAK

KEY DISTINCTION

DEFINITION

THE MECHANISM

WHAT THIS IS NOT

HOW IT OPERATES

THE CORE LIE

THE CRUELEST FEATURE

COMMON OBSTACLES AND SOLUTIONS



HOW THE PATTERN PRESENTS ACROSS LIFE DOMAINS

THE SOCIAL DISGUISE

BODY SIGNATURES

TRIGGER MAP

AUTOMATIC THOUGHTS

TRACKING EXERCISE

SUBJECT: DAMON, 34

THE LOOP

STAGE 1: ACCUMULATION

STAGE 2: ACTIVATION

STAGE 3: IMPULSE GENERATION

STAGE 4: SABOTAGE

STAGE 5: DEVASTATION AND CONFIRMATION

THE REAL CIRCUIT

SUBJECT: KIRA, 31



CAREER COST

RELATIONSHIP COST

FINANCIAL COST

IDENTITY COST

THE TRUST COST

THE INTERRUPT POINT

THE CIRCUIT BREAK

THE 48-HOUR RULE

THE STABILITY TOLERANCE PROTOCOL

THE SET POINT IDENTIFICATION

THE WITNESS PROTOCOL

WHAT TO EXPECT

WHAT AN OVERRIDE IS

THE GRADUATED OVERRIDE SCRIPTS

OVERRIDE PRACTICE PROTOCOL

THE STABILITY CONTRACT

MAINTENANCE

PATTERN SUMMARY

THE CIRCUIT

CIRCUIT BREAK

KEY DISTINCTION

DEFINITION

THE MECHANISM

HOW IT OPERATES

THE CORE LIE

A NECESSARY STATEMENT

COMMON OBSTACLES AND SOLUTIONS

HOW THE PATTERN PRESENTS ACROSS LIFE DOMAINS

BODY SIGNATURES

TRIGGER MAP

AUTOMATIC THOUGHTS

TRACKING EXERCISE

SUBJECT: MARCUS, 39



THE LOOP

STAGE 1: TRIGGER

STAGE 2: HIJACK

STAGE 3: THE NARRATIVE

STAGE 4: EXPLOSION

STAGE 5: THE DROP

STAGE 6: SHAME

THE REAL CIRCUIT

SUBJECT: MARCUS, 39





RELATIONSHIP COST

FAMILY COST

CAREER COST

HEALTH COST

LEGAL COST

THE INTERRUPT POINT

THE CIRCUIT BREAK

THE EXIT PROTOCOL

THE PRE-LOAD METHOD

THE ACCUMULATION INTERRUPT

WHAT TO EXPECT

WHAT AN OVERRIDE IS

THE GRADUATED OVERRIDE SCRIPTS

OVERRIDE PRACTICE PROTOCOL

THE PHYSICAL TOOLKIT

MAINTENANCE

MODULE 4: IMPLEMENTATION

YOUR PATTERN INTERRUPTION PROTOCOL

THE FOUR PHASES

PHASE 1: RECOGNITION (WEEKS 1-2)

PHASE 2: EXCAVATION (WEEKS 3-4)

PHASE 3: INTERRUPTION (WEEKS 5-8)

PHASE 4: OVERRIDE (WEEKS 9-12)

THE NON-NEGOTIABLES

WHAT TO EXPECT

DOOR ONE: LEARNING TO SEE

WEEK 1: RETROACTIVE RECOGNITION

THE RECOGNITION LOG

TROUBLESHOOTING WEEK 1-2

END OF PHASE 1 CHECKPOINT

DOOR TWO: UNDERSTANDING THE ORIGIN

WEEK 3: THE BACKWARD TRACE

WEEK 4: THE ARCHAEOLOGY REPORT

SAFETY GUIDELINES FOR EXCAVATION

COMMON EXCAVATION EXPERIENCES

END OF PHASE 2 CHECKPOINT

DOOR THREE: BREAKING THE CIRCUIT

WEEK 5: PRACTICE RUNS

WEEK 6: LOW-STAKES INTERRUPTION

WEEK 7: MODERATE STAKES

WEEK 8: CONSOLIDATION

WHAT RESISTANCE LOOKS LIKE

DOOR FOUR: INSTALLING NEW DEFAULTS

WEEK 9: LEVEL 1 OVERRIDES

WEEK 10: LEVEL 2 + THE WITNESS

WEEK 11: LEVEL 3 (IF READY)

WEEK 12: REVIEW AND RESET

WHAT HAPPENS AFTER 90 DAYS

THE FIVE-MINUTE MINIMUM

THE DAILY FIVE

WHEN TO PRACTICE

THE STREAK

IF YOU MISS A DAY

ADVANCED DAILY PRACTICE (OPTIONAL, 15 MINUTES)

TEN MINUTES. EVERY WEEK. NO EXCEPTIONS.

THE WEEKLY CHECK-IN TEMPLATE

SHARING WITH YOUR WITNESS

HOW TO KNOW IT IS WORKING

MARKER 1: RECOGNITION SPEED

MARKER 2: THE GAP

MARKER 3: INTENSITY REDUCTION

MARKER 4: RECOVERY TIME

MARKER 5: BEHAVIORAL CHANGE

MARKER 6: EMOTIONAL INDICATORS

THE ANTI-MARKERS: WHAT IS NOT PROGRESS

MODULE 5: ADVANCED TECHNIQUES

THE REALITY: YOU DO NOT RUN JUST ONE

THE HIERARCHY RULE

THE MAINTENANCE PROTOCOL

CROSS-PATTERN ACTIVATION

THE PATTERN INVENTORY



WHEN PATTERNS WORK TOGETHER

THE FIXER-DEPLETOR COMBINATION

THE INTIMACY DESTROYER COMBINATION

THE ACHIEVEMENT TRAP COMBINATION

THE PRESSURE COOKER COMBINATION

THE CARETAKER-MARTYR COMBINATION

BUILDING YOUR COMBINATION MAP

WHEN THE PATTERN COMES BACK

STEP 1: STOP THE SHAME SPIRAL

STEP 2: ASSESS THE ACTIVATION

STEP 3: IDENTIFY THE VULNERABILITY

STEP 4: RE-ENGAGE THE PROTOCOL

STEP 5: UPDATE YOUR RELAPSE PREVENTION PLAN

THE RELAPSE CURVE

WHEN RELAPSE REQUIRES PROFESSIONAL HELP

MODULE 6: CONTEXT

WHERE THE PROGRAM RUNS 40+ HOURS PER WEEK

HOW EACH PATTERN SHOWS UP AT WORK

THE SALARY CONVERSATION



WHERE THE PROGRAM WAS INSTALLED AND WHERE IT DOES THE MOST DAMAGE

THE SELECTION PROBLEM

THE ACTIVATION CYCLE IN RELATIONSHIPS

COMMUNICATING WITH YOUR PARTNER ABOUT PATTERNS

WHEN YOUR PARTNER RUNS A PATTERN

THE POST-PATTERN RELATIONSHIP

THE TRANSMISSION POINT

HOW PATTERNS TRANSMIT

YOUR PATTERN AND YOUR CHILD: SPECIFIC IMPACTS

THE REPAIR PROTOCOL

THE PHYSICAL ARCHITECTURE OF A BEHAVIORAL PROGRAM

THE NERVOUS SYSTEM PRIMER

BODY-BASED INTERVENTIONS BY NERVOUS SYSTEM STATE

THE BODY'S PATTERN MEMORY

MOVEMENT AND PATTERN INTERRUPTION

SLEEP, THE PATTERN'S ALLY

MODULE 7: FIELD NOTES

REPORTS FROM PEOPLE WHO ARE DOING THE WORK

LETTER 1: THE DISAPPEARING PATTERN — "I STAYED"

LETTER 2: THE APOLOGY LOOP — "I SAID THANK YOU"

LETTER 3: THE TESTING PATTERN — "I ASKED DIRECTLY"

LETTER 4: PERFECTIONISM — "I SUBMITTED THE IMPERFECT THING"

LETTER 5: THE RAGE PATTERN — "I LEFT THE ROOM"

LETTER 6: SUCCESS SABOTAGE — "I DID NOT BLOW IT UP"

A NOTE TO YOU

MODULE 8: RESOURCES

BOOKS THAT COMPLEMENT THIS SYSTEM

ON THE BODY AND NERVOUS SYSTEM

ON ATTACHMENT AND RELATIONSHIPS

ON BEHAVIORAL CHANGE

ON FAMILY SYSTEMS AND GENERATIONAL PATTERNS

ON SPECIFIC PATTERN TERRITORIES

HOW TO USE THESE BOOKS

THIS BOOK IS NOT ENOUGH FOR EVERYTHING

SEEK PROFESSIONAL HELP IMMEDIATELY IF:

SEEK PROFESSIONAL HELP IF:

SEEK PROFESSIONAL HELP FOR ACCELERATION

WHAT TO TELL YOUR THERAPIST

A PRACTICAL GUIDE, NOT A REFERRAL

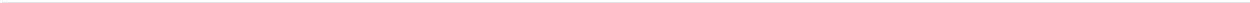
WHAT KIND OF THERAPIST

HOW TO SEARCH

THE SCREENING CALL

WHAT TO EXPECT

IF THERAPY HAS NOT WORKED BEFORE



A GUIDE FOR PARTNERS, FAMILY MEMBERS, AND FRIENDS

RULE ONE: YOU CANNOT INTERRUPT SOMEONE ELSE'S PATTERN

WHAT HELPING LOOKS LIKE

WHAT HELPING DOES NOT LOOK LIKE

IF THEY HAVE NOT STARTED YET

TAKING CARE OF YOURSELF

THE ARCHIVIST METHOD™ — KEY TERMS

EPILOGUE

WHAT YOU HAVE NOW

WHAT HAPPENS NEXT

THE LONG GAME

ON THE ORIGINAL ROOM

THE ARCHIVIST'S FINAL OBSERVATION

