

# THE ARCHIVIST METHOD™

## WEEKLY PATTERN REVIEW

Week: / 12 Dates: to \_

Pattern: \_\_\_\_

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### WEEKLY SUMMARY

Days tracked this week: \_ / 7

Total pattern activations: \_

Total successful Rewrites: \_

Weekly success rate: \_%

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### TOP 3 TRIGGERS THIS WEEK

1.

2.

3.

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## WHAT WORKED

Which circuit breaks or Rewrites were successful?

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## WHAT DIDN'T WORK

What failed? What made interruption harder?

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## ADJUSTMENTS FOR NEXT WEEK

Based on this week's data, what will I do differently?

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## WINS (Even tiny ones count)

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## STRUGGLES

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## SUPPORT NEEDED

Who do I need to reach out to? What help do I need?

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# PROGRESS CHECK

Compared to Week 1, my pattern now feels:

- ☐ Much weaker (50%+ reduction)
  - ☐ Somewhat weaker (20-50% reduction)
  - ☐ About the same
  - ☐ More intense (this happens - keep going)
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THE ARCHIVIST METHOD™ | PATTERN ARCHAEOLOGY, NOT THERAPY