

THE ARCHIVIST METHOD™

7-DAY CRASH COURSE

Pattern Archaeology in One Week

Can't commit to 90 days? Start here.

7 days to:

- Identify your destructive pattern
- Feel it activate in your body
- Interrupt it at least once
- Decide if you want the full method

No therapy. No journaling for months. Just pattern interruption.

By: Broken Psychology Lab



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HOW THIS WORKS

THE PROBLEM WITH 90-DAY PROTOCOLS

You have ADHD. Depression. Trauma. Executive dysfunction. Whatever.

90 days feels impossible.

You need to know if this works RIGHT NOW, not in 3 months.

So here's the deal:

7 days. One pattern. One successful interrupt.

That's all. If it works, you continue. If it doesn't, you move on.



WHAT YOU'LL DO THIS WEEK

DAY 1: Identify which pattern is running your life

DAY 2: Learn what it feels like in your body

DAY 3: Find what triggers it

DAY 4: Learn how to interrupt it

DAY 5: Try to interrupt it once

DAY 6: Try again (better this time)

DAY 7: Decide if you want to keep going

RULES FOR THIS WEEK

1. Don't try to fix everything

Pick ONE pattern. Work on that. Ignore the rest.

2. Don't aim for perfection



You're not going to master this in 7 days. You're going to see if it's worth continuing.

3. Track just enough

Don't obsess over tracking. Note what happened, move on.

4. One successful interrupt = success

If you interrupt your pattern even ONCE this week, that's proof it works.

WHAT HAPPENS AFTER DAY 7

If this worked (you interrupted at least once):

Continue with the 30-Day or 90-Day Archivist Method™ Protocol. You know it works now. Keep going.

If this didn't work:

Either:

- You picked the wrong pattern (try a different one)
- You need professional therapy first (patterns too severe)
- This method isn't for you (that's okay)



LET'S START.



DAY 1: IDENTIFY YOUR PATTERN

TODAY'S GOAL

Know which pattern is destroying your life.

Time required: 20-30 minutes



THE 7 PATTERNS (QUICK VERSION)

1. THE DISAPPEARING PATTERN

You do this: Pull away when relationships get close. Ghost when someone says "I love you."
Create distance when intimacy increases.

It costs you: Can't maintain relationships. Serial 3-month relationships. Chronic loneliness.

Quick check: Do you pull away when people get too close? ✓ Yes / ✗ No

2. THE APOLOGY LOOP

You do this: Apologize for existing. "Sorry to bother you." "Sorry for needing help." Feel like a burden constantly.

It costs you: Can't negotiate salary. Toxic relationships (can't state boundaries). Chronic depletion.

Quick check: Do you apologize for normal things constantly? ✓ Yes / ✗ No



3. THE TESTING PATTERN

You do this: Push people away to see if they'll stay. Create tests. Need constant proof of love. Hypervigilant for abandonment signs.

It costs you: Exhaust partners. Push away people who care. Self-fulfilling abandonment prophecy.

Quick check: Do you test if people really love you? ✓ Yes / ✗ No

4. ATTRACTION TO HARM

You do this: Attracted to unavailable/harmful people. Safe people feel "boring." Choose chaos over stability.

It costs you: Serial abusive relationships. Can't stay attracted to healthy partners.

Quick check: Are you attracted to red flags? ✓ Yes / ✗ No

5. COMPLIMENT DEFLECTION

You do this: Cannot accept praise. Minimize achievements. Deflect compliments. Visibility triggers panic.



It costs you: Career stagnation. Underpaid. Invisible despite talent.

Quick check: Do you deflect when complimented? ✓ Yes / ✗ No

6. THE DRAINING BOND

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

It costs you: Years in toxic jobs/relationships. Chronic depletion.

Quick check: Are you stuck in something toxic? ✓ Yes / ✗ No

7. SUCCESS SABOTAGE

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

It costs you: Pattern of almost-success then failure. Perpetual struggle.

Quick check: Do you sabotage when close to success? ✓ Yes / ✗ No



PICK YOUR PRIMARY PATTERN

Which one resonated most?

Write it here:

That's your pattern for this week.

Don't overthink it. If you have multiple, pick the one causing the most damage RIGHT NOW.

READ YOUR PATTERN (5 MINUTES)

IF YOU PICKED: DISAPPEARING

Full name: The Disappearing Pattern

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

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

Body signature: Chest tightness, urge to flee, panic, "this is too much" feeling



Where it shows up: Romantic relationships, close friendships, therapy

IF YOU PICKED: APOLOGY LOOP

Full name: The Apology Loop

What you do: Apologize for existing. "Sorry to bother you" before asking questions. Feel like burden. Minimize your needs.

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

Body signature: Guilt, shrinking feeling, throat tightness, shame

Where it shows up: Work (asking for raises/help), relationships (stating needs), anywhere you need something

IF YOU PICKED: TESTING

Full name: The Testing Pattern

What you do: Push people away to see if they'll stay. Create tests. Pick fights to check if they'll stay through conflict. Need constant reassurance.



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

Body signature: Panic, hypervigilance, heart racing, scanning for abandonment signs

Where it shows up: Romantic relationships, friendships, any relationship where abandonment is feared

IF YOU PICKED: ATTRACTION TO HARM

Full name: Attraction to Harm

What you do: Feel chemistry with unavailable/harmful people. Safe people feel boring. Red flags feel like love. Choose chaos.

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

Body signature: Excitement, "finally someone interesting," chemistry when seeing red flags

Where it shows up: Dating, friendships, any relationship selection

IF YOU PICKED: COMPLIMENT DEFLECTION

Full name: Compliment Deflection



What you do: Cannot accept praise. Minimize achievements. Deflect to others. Make self-deprecating jokes when acknowledged.

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

Body signature: Discomfort, squirming, panic when acknowledged, want to disappear

Where it shows up: Work (performance reviews, raises), social situations, anywhere you're praised

IF YOU PICKED: DRAINING BOND

Full name: The Draining Bond

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

Why it installed: Leaving was more dangerous than staying in childhood. You learned: abandoning someone = betrayal.

Body signature: Guilt when thinking of leaving, obligation, "I can't abandon them"

Where it shows up: Toxic relationships, abusive jobs, harmful family dynamics



IF YOU PICKED: SUCCESS SABOTAGE

Full name: Success Sabotage

What you do: Destroy things right before they succeed. Quit before promotion. Blow up relationships when going well. Can't tolerate sustained happiness.

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

Body signature: Dread, panic, "something bad is coming," urge to destroy

Where it shows up: Career milestones, relationship milestones, sobriety milestones, any approaching success

DAY 1 COMPLETE

You now know:

- Your primary pattern name
- What you do automatically
- Why it installed
- What it feels like in your body

Tomorrow: Learn to recognize that body feeling BEFORE the pattern runs.



DAY 2: LEARN THE BODY SIGNATURE

TODAY'S GOAL

Feel the pattern activate in your body **BEFORE** you do the automatic behavior.

Time required: All day (just notice when it happens)

WHAT'S A BODY SIGNATURE?

3-7 seconds before your pattern runs, your body signals it.

This is the **body signature** - physical sensation that says "pattern is about to execute."



Examples:

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

Your pattern has a specific signature. Today you learn what yours is.

YOUR PATTERN'S BODY SIGNATURE

If your pattern is DISAPPEARING:

Watch for:

- Chest tightness
 - Urge to flee
 - Panic
 - "This is too much" feeling
 - Need to create space immediately
-



If your pattern is APOLOGY LOOP:

Watch for:

- Guilt
 - Throat tightness
 - Shrinking feeling
 - Shame
 - "I'm a burden" sensation
-

If your pattern is TESTING:

Watch for:

- Panic
 - Heart racing
 - Hypervigilance
 - Scanning for signs they're leaving
 - "They're going to abandon me" feeling
-

If your pattern is ATTRACTION TO HARM:

Watch for:

- Excitement when seeing red flags
- "Finally someone interesting" feeling
- Chemistry with unavailable person
- Boredom with safe person



If your pattern is COMPLIMENT DEFLECTION:

Watch for:

- Discomfort when acknowledged
 - Squirming
 - Want to disappear
 - Panic at visibility
 - "Make this stop" feeling
-

If your pattern is DRAINING BOND:

Watch for:

- Guilt when thinking of leaving
 - Obligation feeling
 - "I can't abandon them"
 - Loyalty activating
-

If your pattern is SUCCESS SABOTAGE:

Watch for:

- Dread when approaching milestone
- Panic
- "Something bad is coming"



- Urge to destroy/quit
- Can't tolerate feeling good

TODAY'S TRACKING

When your pattern activates today, write down:

Time:

What happened right before:

Body sensation:

What you did:

Do this 3 times today.

You don't have to interrupt the pattern yet. Just NOTICE when it runs and what it felt like.



EXAMPLE TRACKING

Pattern: Disappearing

Time: 2pm

What happened: Partner texted "I love you"

Body sensation: Chest got tight, felt trapped, wanted to run

What you did: Took 3 hours to respond, kept it short

Pattern: Apology Loop

Time: 10am

What happened: Needed to ask boss for help

Body sensation: Guilt, throat tight, felt like burden

What you did: Said "Sorry to bother you, but..."

DAY 2 COMPLETE

You now know:

- What your pattern feels like physically



- How to recognize it activating
- What happened right before it ran (triggers)

Tomorrow: Identify your top 3 triggers.



DAY 3: FIND YOUR TRIGGERS

TODAY'S GOAL

Know what situations activate your pattern.

Time required: 10 minutes + all day awareness

WHAT'S A TRIGGER?

The situation/event that happens RIGHT BEFORE your pattern activates.

Your pattern doesn't run randomly. It runs in response to specific triggers.



Today you identify your top 3 triggers.

COMMON TRIGGERS BY PATTERN

DISAPPEARING PATTERN TRIGGERS:

- Partner says "I love you"
 - Making future plans
 - Intimacy increasing (sex, emotional closeness)
 - Someone wants to move in together
 - Relationship getting "serious"
 - Sustained closeness (no conflict, just good)
-

APOLOGY LOOP TRIGGERS:

- Needing to ask for help



- Wanting something
 - Taking up someone's time
 - Making a request
 - Stating a boundary
 - Having needs
-

TESTING PATTERN TRIGGERS:

- Partner takes too long to respond
 - Someone seems distant
 - Change in normal routine
 - Anniversary of past abandonment
 - Relationship going too well (waiting for other shoe to drop)
-

ATTRACTION TO HARM TRIGGERS:

- Meeting someone with obvious red flags



- Safe person showing interest (feels boring)
 - Someone unavailable (married, addicted, emotionally distant)
 - Chemistry with chaos
-

COMPLIMENT DEFLECTION TRIGGERS:

- Being praised
 - Achievement acknowledged
 - Someone says "good job"
 - Visibility in any form
 - Recognition
-

DRAINING BOND TRIGGERS:

- Thinking about leaving toxic situation
- Someone suggests you deserve better
- Realizing you're being harmed



- Guilt when considering self-preservation

SUCCESS SABOTAGE TRIGGERS:

- Approaching milestone (90 days sober, promotion, etc.)
- Things going well consistently
- Sustained happiness
- About to succeed at something

TODAY'S TASK

Track every time your pattern activates.

Write down what happened RIGHT BEFORE it ran.

Do this all day. At end of day, identify your **TOP 3 TRIGGERS.**



TRACKING SHEET

Activation #1:

- Time:
- *Trigger:*
- Body sensation:
- What you did:

Activation #2:

- Time:
- *Trigger:*
- Body sensation:
- What you did:

Activation #3:

- Time:
 - *Trigger:*
 - Body sensation:
 - What you did:
-



END OF DAY: IDENTIFY TOP 3 TRIGGERS

My pattern activates most when:

1.

2.

3.

DAY 3 COMPLETE

You now know:

- Your pattern's body signature
- Your top 3 triggers
- Pattern activation sequence: Trigger → Body sensation → Automatic behavior

Tomorrow: Learn how to interrupt it.





DAY 4: LEARN YOUR CIRCUIT BREAK

TODAY'S GOAL

Memorize the circuit break script for your pattern.

Time required: 15 minutes

WHAT'S A CIRCUIT BREAK?

A pre-written script you say (out loud or in head) when pattern activates.

It interrupts the automatic sequence:



WITHOUT CIRCUIT BREAK:

Trigger → Body sensation → Automatic behavior (3-7 seconds)

WITH CIRCUIT BREAK:

Trigger → Body sensation → CIRCUIT BREAK → Choose different behavior

YOUR CIRCUIT BREAK SCRIPT

DISAPPEARING PATTERN CIRCUIT BREAK:

When you feel the urge to pull away, say:

"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 CIRCUIT BREAK:

When you're about to apologize for existing, say:

"I'm about to apologize for [asking/needing/existing]. 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 CIRCUIT BREAK:

When you want to test if someone cares, say:

"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 CIRCUIT BREAK:

When you feel chemistry with red flag person, say:

*"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.

COMPLIMENT DEFLECTION CIRCUIT BREAK:

When someone compliments you, say:

*"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.)



DRAINING BOND CIRCUIT BREAK:

When guilt tells you to stay, say:

"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 CIRCUIT BREAK:

When you want to quit right before success, say:

"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.



TODAY'S PRACTICE

Your circuit break script is above.

Do this:

1. **Write it down** (phone notes, index card, tattoo it - whatever)
2. **Say it out loud 5 times** (practice when NOT activated)
3. **Imagine your last trigger** - practice saying circuit break in your head as if pattern was activating

Don't wait for pattern to activate. Practice NOW so it's ready when you need it.

DAY 4 COMPLETE

You now have:

- Your circuit break script memorized
- Practiced saying it 5 times
- Ready to use it tomorrow

Tomorrow: Try to interrupt your pattern for the first time.





DAY 5: FIRST INTERRUPT ATTEMPT

TODAY'S GOAL

Interrupt your pattern at least once.

Success = attempting the circuit break, even if pattern still runs.

WHAT TO EXPECT

Your pattern WILL activate today.

When it does:



STEP 1: Feel the body signature (chest tight, panic, etc.)

STEP 2: Say your circuit break (out loud or in head)

STEP 3: Attempt the Rewrite (new behavior instead of automatic)

LIKELY OUTCOMES

OUTCOME 1: PATTERN STILL RUNS (70% CHANCE)

You feel it activate. Say circuit break. Pattern executes anyway.

This is normal. You're interrupting code that's been running for YEARS. First attempt might not work.

What matters: You TRIED. That's data. That's progress.



OUTCOME 2: YOU PAUSE BUT THEN EXECUTE PATTERN (20% CHANCE)

You feel it activate. Say circuit break. Pause for 5-10 seconds. Then execute pattern anyway.

This is good. You created a GAP. That's the first step to interruption.

OUTCOME 3: SUCCESSFUL INTERRUPT (10% CHANCE)

You feel it activate. Say circuit break. Execute new behavior instead.

This is rare on Day 5. If it happens, you're ahead of schedule.

TODAY'S TRACKING

When pattern activates:

Time:



Trigger:

Body sensation:

Circuit break said? ☐ Yes ☐ No

What happened:

- ☐ AUTO (pattern ran anyway)
- ☐ PAUSE (paused but then executed pattern)
- ☐ REWRITE (successful interrupt)

Notes:

IF YOU DIDN'T INTERRUPT TODAY

That's okay.

Most people don't interrupt successfully on Day 5.

What you learned:

- Pattern runs FAST (maybe 3 seconds from trigger to execution)
- Hard to catch it in time
- Circuit break is harder than you thought



This is useful data.

Tomorrow you'll try again with this knowledge.

IF YOU DID INTERRUPT TODAY

Holy shit, good job.

You interrupted a pattern that's been running automatically for YEARS.

This proves it works.

Tomorrow you'll do it again.

DAY 5 COMPLETE

You attempted your first pattern interrupt.

Tomorrow: Try again, better.





DAY 6: REFINE & RETRY

TODAY'S GOAL

Interrupt your pattern at least once (with yesterday's learnings applied).

WHAT YOU LEARNED YESTERDAY

Review your Day 5 tracking:

What made it hard to interrupt?

- ☐ Pattern ran too fast (couldn't catch it)
- ☐ Forgot circuit break in the moment
- ☐ Body sensation too intense to think



☐ Didn't recognize trigger until after pattern ran

☐ Other:

ADJUSTMENTS FOR TODAY

IF PATTERN RAN TOO FAST:

Slow it down by recognizing trigger earlier.

When you see your trigger coming (partner about to say ILY, about to ask boss for help, etc.),

PRE-LOAD the circuit break.

Say it BEFORE pattern activates.

IF YOU FORGOT CIRCUIT BREAK:

Set a reminder.

Phone alarm every 2 hours: "What's my circuit break?"



Or write it on your hand.

Or voice memo to yourself when you wake up.

IF BODY SENSATION TOO INTENSE:

Add physical interrupt BEFORE circuit break.

When you feel pattern activate:

1. Take 3 deep breaths (slows nervous system)
2. THEN say circuit break
3. THEN attempt Rewrite

IF YOU DIDN'T RECOGNIZE TRIGGER:

Watch for your top 3 triggers today.

You identified them on Day 3. When they show up, you know pattern is about to run.

Trigger = early warning system.



TODAY'S ATTEMPT

Try to interrupt 1-3 times today.

Each attempt, track:

Attempt #1:

- Trigger:
- Body sensation:
- Circuit break said? ☐ Yes ☐ No
- Outcome: ☐ AUTO ☐ PAUSE ☐ REWRITE
- What helped:
- What made it harder:

Attempt #2:

- Trigger:
- Body sensation:
- Circuit break said? ☐ Yes ☐ No
- Outcome: ☐ AUTO ☐ PAUSE ☐ REWRITE

Attempt #3:

- Trigger:
- Body sensation:
- Circuit break said? ☐ Yes ☐ No
- Outcome: ☐ AUTO ☐ PAUSE ☐ REWRITE

END OF DAY

Did you interrupt successfully at least once?

- ☐ Yes → You have proof this works. Day 7 you decide if you continue.
 - ☐ No, but I paused → Progress. You're slowing the pattern down.
 - ☐ No, pattern still runs automatically → That's okay. 7 days isn't enough for some patterns. Doesn't mean method doesn't work.
-

DAY 6 COMPLETE

Tomorrow: Decide if you want to continue with the full Archivist Method™.



DAY 7: DECIDE NEXT STEP

TODAY'S GOAL

Decide if The Archivist Method™ works for you.

Time required: 20 minutes

REVIEW YOUR WEEK

DAY 1: Identified pattern:

DAY 2: Learned body signature:



DAY 3: Found top 3 triggers:

1.

2.

3.

DAY 4: Memorized circuit break

DAY 5: First interrupt attempt - Outcome: ☐ AUTO ☐ PAUSE ☐ REWRITE

DAY 6: Second attempt - Outcome: ☐ AUTO ☐ PAUSE ☐ REWRITE

DID IT WORK?

SCENARIO 1: YOU INTERRUPTED SUCCESSFULLY AT LEAST ONCE

This means: The method works for you.

Next step: Continue with 30-Day or 90-Day Protocol.

One successful interrupt proves it's possible. You need more time to strengthen it, but the foundation works.



Recommendation: Get The Archivist Method™ Quick-Start System (\$47) or Complete Archive (\$197)

SCENARIO 2: YOU PAUSED BUT DIDN'T FULLY INTERRUPT

This means: You're slowing the pattern down. That's progress.

Next step: Continue. You need more time.

Pausing = creating a gap. The gap will get longer. Eventually you'll interrupt fully.

Recommendation: Continue with 30-Day Protocol (Quick-Start System)

SCENARIO 3: PATTERN STILL RUNS AUTOMATICALLY, NO PAUSE

This could mean:

Option A: You picked wrong pattern (try a different one)

Option B: Pattern too severe (need therapy first, then pattern work)

Option C: 7 days not enough (some patterns need 30+ days to see progress)



Option D: This method isn't for you (that's okay)

Next step:

Try another pattern for 7 days, OR seek therapy for pattern stabilization, OR try different method.

WHAT HAPPENS IF YOU CONTINUE

30-DAY PROTOCOL:

Weeks 1-2: Observation + Pause (like Days 1-6, but deeper)

Weeks 3-4: Circuit Break + Rewrite (successful interrupts increase to 30-50%)

Outcome: Pattern significantly weaker. You can manage it.

Cost: \$47 (Quick-Start System)

90-DAY PROTOCOL:

Weeks 1-3: Observation



Weeks 4-5: Pause

Weeks 6-8: Circuit Break

Weeks 9-12: Rewrite (60-70% successful interrupt rate)

Outcome: Pattern interruption becomes automatic. You catch it faster than it can execute.

Cost: \$47 (Quick-Start) or \$197 (Complete Archive with all patterns, all contexts)

YOUR DECISION

I am choosing to:

- ☐ **Continue with 30-Day Protocol** (I saw progress, want to go deeper)
 - ☐ **Continue with 90-Day Protocol** (I'm serious about mastering this)
 - ☐ **Try a different pattern** (I think I picked the wrong one)
 - ☐ **Seek therapy first** (Pattern too severe for self-work right now)
 - ☐ **Stop here** (This method isn't for me)
-



IF YOU'RE CONTINUING

Get The Archivist Method™ products:

\$47 - Quick-Start System:

- 90-Day Protocol detailed guide
- All 7 patterns explained
- Circuit break library
- Crisis protocols
- Tracking templates

\$197 - Complete Archive:

- Everything in Quick-Start PLUS:
 - Advanced trauma work
 - Relationship applications
 - Parenting & generational patterns
 - Career/money patterns
 - Neurodivergent adaptations
 - 15 case studies
 - 685 pages total
-



IF YOU'RE STOPPING

That's okay.

Not every method works for everyone.

Other options:

- Traditional therapy (processes trauma, not just patterns)
- EMDR (trauma reprocessing)
- IFS (parts work)
- DBT (emotion regulation skills)
- Medication (if pattern linked to chemical imbalance)

The Archivist Method™ is ONE tool. Not the only tool.

FINAL WORDS

You spent 7 days learning pattern interruption.

If it worked: Continue. It gets easier.

If it didn't: Try something else. No shame.

Pattern work is hard. You showing up for 7 days = you're trying. That matters.



DAY 7 COMPLETE

End of 7-Day Crash Course.

Welcome to The Archivist Method™.

Or not. Either way, good luck.

WHAT'S NEXT?

CONTINUE YOUR PATTERN WORK:

THE ARCHIVIST METHOD™ QUICK-START SYSTEM (\$47)

- Full 90-Day Protocol
- All 7 patterns
- Crisis protocols



- Tracking systems
- Relationship scripts

THE ARCHIVIST METHOD™ COMPLETE ARCHIVE (\$197)

- 685 pages
- Advanced applications
- All life contexts
- Lifetime reference
- Everything you need to master pattern interruption

THE ARCHIVIST METHOD™

Pattern Archaeology, Not Therapy

Broken Psychology Lab

END OF 7-DAY CRASH COURSE

