

# WEEKLY ARGUMENT PATTERN TRACKER

*Track. Notice. Exit. Repeat.*

WEEK OF: \_\_\_\_\_

DATE: \_\_\_\_\_

## PATTERNS I NOTICED THIS WEEK:

- ☐ **The Maze**  
(arguments loop endlessly)
- ☐ **The Hook**  
(bait tries to catch you)
- ☐ **The Door**  
(boundaries open new paths)

- ☐ **The Fire**  
(conflict grows when fueled)
- ☐ **The Hourglass**  
(wisdom lives in the pause)
- ☐ **The Ripple**  
(your calm spreads outward)

## SITUATIONS WHERE IT SHOWED UP:

## MY GO-TO EXIT STRATEGY:

## PHYSICAL CUE I'LL WATCH FOR:

## SCRIPT I'LL USE:

## ENERGY SAVED THIS WEEK:

☐ Small win

☐ Moderate win

☐ Major win

### REMEMBER:

You don't have to be perfect. You'll miss some patterns.  
Every time you notice—even if you don't exit cleanly—you're building the muscle.  
***Arguments scatter. Sovereignty gathers.***