

WEEKLY ARGUMENT PATTERN TRACKER

Track. Notice. Exit. Repeat.

WEEK OF: _____

DATE: _____

PATTERNS I NOTICED THIS WEEK:

- | | |
|---|--|
| <input type="checkbox"/> The Maze
(arguments loop endlessly) | <input type="checkbox"/> The Fire
(conflict grows when fueled) |
| <input type="checkbox"/> The Hook
(bait tries to catch you) | <input type="checkbox"/> The Hourglass
(wisdom lives in the pause) |
| <input type="checkbox"/> The Door
(boundaries open new paths) | <input type="checkbox"/> 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.