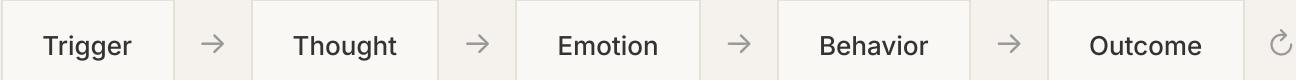


Stuck Loop Reflection

Executive Leadership Lab | Module 1 | January

Purpose: Most career plateaus follow a predictable pattern—a "stuck loop" that repeats until we interrupt it with awareness and a new choice. This worksheet helps you identify your loop and design an alternative response.



EXAMPLE LOOP

Trigger: Asked to present to senior leadership

Thought: "I'll mess this up. They'll see I don't belong here."

Emotion: Anxiety, dread, stomach tightening

Behavior: Over-prepare for weeks, speak too fast, minimize accomplishments

Outcome: Presentation goes "fine" but I feel exhausted and invisible

1 Situation / Trigger

What's the recurring situation that activates your stuck pattern?

Describe the situation or event that triggers your loop...



Thought / Story

What do you tell yourself when this happens? What story runs through your mind?

Write out the thoughts or narrative that plays...

3 Emotion / Body Cue

What emotion arises? Where do you feel it in your body?

Name the emotion and any physical sensations...

4 Behavior (Do / Avoid)

What do you do—or avoid doing—as a result?

Describe your typical response or avoidance pattern...

5 Outcome

What result keeps repeating? How does the loop reinforce itself?

What happens as a result? What belief gets reinforced?

Design Your New Choice

6 New Thought I'll Practice

What's a more helpful, accurate thought you can practice instead?

Write a reframe or alternative perspective...

7 New Behavior I'll Try

What's one different action you could take next time?

Describe a new response you're willing to try...

8 Support I Need

What would help you interrupt this loop? (reminder, accountability, phrase, etc.)

What support or tools would help you make a different choice?