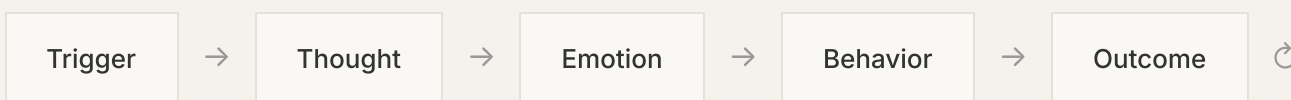


# Stuck Loop Reflection



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

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### 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?