My Pattern & Next Step

Take 10-15 minutes. Choose a manageable everyday pattern; use a fictional example if preferred.

1 / The situation

What happened just before the pattern showed up? Use observable details.

2 / My usual response

What did I think, feel, and do? What did the response help me get or avoid?

3 / The impact

What happened right away? What was the longer-term effect?

4 / A different next step

What small response would better fit my values? What support or obstacle should I plan for?

5 / My practice plan

When _____ happens, I will _____. I will review it on _____.

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