

# The PATTERN-SPOTTING Framework

HOW TO CATCH YOURSELF IN A PATTERN BEFORE IT TAKES OVER

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Feeling stuck or frustrated? **Pause and check the pattern. Go from reaction to conscious choice.**

01

## OUTCOME

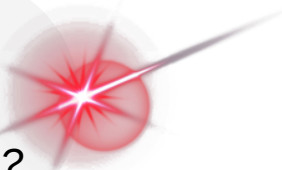
*Have I felt this way before?  
Does this usually end the same way?*



02

## TRIGGER

*What happened just before I reacted or shut down?*



03

## DEFAULT STORY

*What was my immediate thought?  
(Write it down if you can.)*



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04

## HIDDEN PAYOFF

*What is this reaction trying to protect me from?*



05

## ALTERNATIVE LENS

*Is this thought 100% accurate?  
What's a kinder or neutral view?*



06

## MICRO-SHIFT

*What's one small action I can take to  
disrupt this pattern?*



## FINAL INSIGHT

You are **not** your patterns. You are the **awareness** that can choose differently.

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