

The Pattern Spotter

A one-week tool for catching your alarm in the act

THE PREMISE

Your nervous system has a go-to response when the stakes feel high. Most of us can't see the response while it's happening — only afterward, when the afternoon is gone.

This worksheet is for catching it in the act. Seven days. Three columns. No judgment.

HOW TO USE IT

When you notice yourself avoiding the work that matters, capture three things in under thirty seconds. Do it while it's happening — not at the end of the day from memory.

DAY & TIME	WHAT SET IT OFF	WHAT I DID INSTEAD
Mon 9:14 am	Opened the document	Reorganized my inbox
Mon 8:00 pm	Sat down to write	Watched a show I've already seen

WHAT YOU'RE LOOKING FOR

After five to seven entries, a pattern starts to show up. Same time of day? Same kind of trigger? Same escape route?

You're not trying to fix anything yet. You're learning to see it.

WHAT'S NEXT

Once you can see your pattern in real time, the tools that actually work become possible:

BREAK-R **PIVOT** **Dialogue Diamond**

They're taught in Circle 1 for Authors, releasing July 7, 2026.

For now: see the pattern. That alone changes the relationship.

*You cannot reset a breaker you cannot find.
The count is the flashlight.*