



THE ETP EXIT STRATEGY

WHEN THE OLD PATTERN SHOWS UP...



1



STOP.

I don't have to
react immediately.

2



NOTICE.

What am I feeling?
What is my body
telling me?

3



NAME IT.

What pattern just
showed up?

4



CHECK IT.

Is this actually
happening now?

5



CHOOSE.

What would I do if
I didn't have to protect
everyone else's feelings?

6



EXIT.

One small action
that breaks the
old pattern.

It might look like:



People pleasing?



Overexplaining?



Fixing?



Apologizing?



Shutting down?



Taking responsibility
for someone else's
emotions?

MY NEXT RIGHT ACTION:

*I DON'T HAVE TO REPEAT
WHAT I LEARNED.* ♥



EXIT
THE PATTERN.



RECOGNIZE IT. • NAME IT. • EXIT IT.



This is a reflection tool—not a diagnosis or a substitute for professional support.