



THE ETP PATTERN MAP

NAME IT BEFORE YOU CAN CHANGE IT.



1 TRIGGER

What happened?

What was the situation or what did someone say or do?

My notes:



2 REACTION

What did I feel?

What did my body and mind do right away?

My notes:



3 AUTOMATIC RESPONSE

What did I automatically do?

How did I react or behave?

My notes:

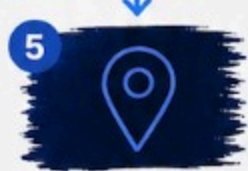


4 OLD STORY

What did I learn to believe?

What is the story I tell myself in these moments?

My notes:



5 ORIGIN

Where did I learn that?

Who or where did this pattern begin?

My notes:



6 PRESENT CHECK

Is that still true today?

Is this actually happening now or does it just feel familiar?

My notes:



7 EXIT

What would exiting the pattern look like?

What is one different choice I can make?

My plan:

33 YOU ARE NOT BROKEN.
YOU ARE RECOGNIZING A PATTERN.



RECOGNIZE IT.
REFRAME IT.
EXIT IT.



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

RECOGNIZE IT. REFRAME IT. **EXIT** THE PATTERN.

