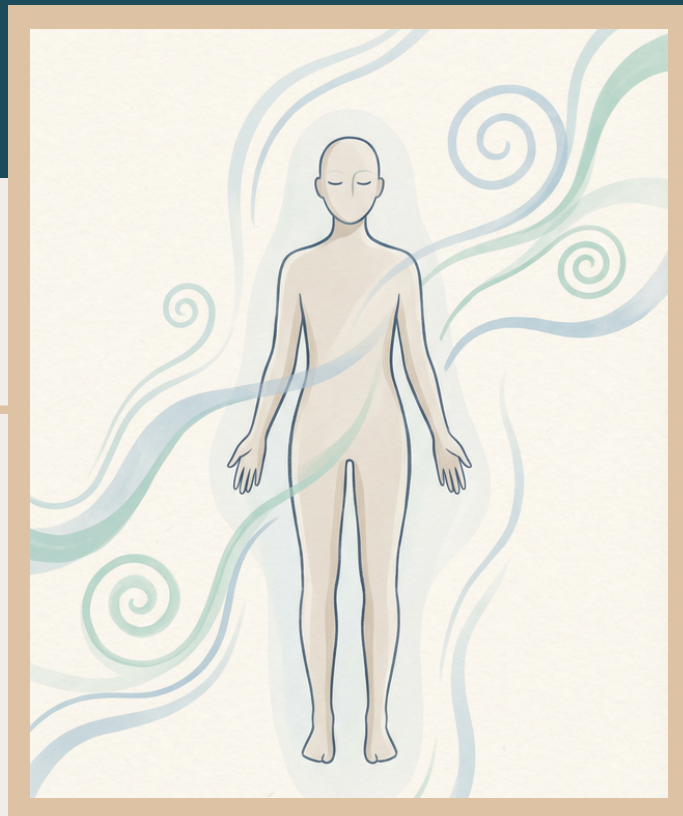


# THE PATTERN INTERRUPT TOOLKIT

5 MICRO-PRACTICES FOR BREAKING  
AUTOPILOT

EACH PRACTICE TAKES LESS THAN 2 MINUTES



# WELCOME TO YOUR PATTERN INTERRUPT TOOLKIT

You've been running on autopilot longer than you realize. Your mind chatters constantly, emotions sweep through unnoticed, and old patterns play out automatically. This toolkit gives you 5 simple practices to interrupt these patterns and reclaim conscious choice.

Each practice takes under 2 minutes. You don't need special equipment, a quiet room, or hours of free time. You can use these tools in the middle of a stressful meeting, during a difficult conversation, or in any moment when you notice you've lost your center.

The goal isn't perfection. The goal is to catch yourself one more time today than you did yesterday. Start with whichever practice calls to you first.

**Pro Tip:** Pick ONE practice to focus on for the next 7 days. Mastery comes from repetition, not variety.

# YOUR 5 PATTERN INTERRUPT PRACTICES

|                                               |        |
|-----------------------------------------------|--------|
| Practice 1: The Mind Tool Check-In.....       | Page 4 |
| Practice 2: The Emotional Weather Report..... | Page 5 |
| Practice 3: The Center Point Reset.....       | Page 6 |
| Practice 4: The Spaciousness Breath.....      | Page 7 |
| Practice 5: The Story Spotter.....            | Page 8 |

## **Bonus**

|                                  |         |
|----------------------------------|---------|
| When to Use Which Practice.....  | Page 9  |
| Your 7-Day Practice Tracker..... | Page 10 |

# PRACTICE 1: THE MIND TOOL CHECK-IN

Is my thinking serving me right now?

## **When to Use This:**

- Overthinking a decision
- Stuck in mental loops or rumination
- Analyzing something that doesn't need analysis
- Feeling mentally exhausted

## **The Practice (2 minutes):**

1. Pause whatever you're doing
2. Take one deep breath
3. Ask yourself: "Is my thinking helping me right now, or is it just running?"
4. If it's helping, continue. If it's just running, name it: "My mind is just spinning right now"
5. Choose: Do I need to think about this now, or can I set it aside?
6. If you set it aside, imagine putting the thought in a box labeled "Later"

## **Why This Works:**

This practice helps you distinguish between intentional thinking (mind as tool) and automatic thinking (mind as master). By asking the question, you create a gap between you and your thoughts. In that gap, you have choice.

## **Quick Win**

Use this practice the next time you're lying in bed unable to sleep because your mind won't stop. You'll likely fall asleep within minutes.

# PRACTICE 2 – THE EMOTIONAL WEATHER REPORT

Name it, don't become it

## **When to Use This:**

- A strong emotion rising (anger, anxiety, sadness, excitement)
- Feeling overwhelmed by your feelings
- About to react emotionally to a situation
- Needing to make a decision while emotional

## **The Practice (60–90 seconds):**

1. Stop and place one hand on your chest or stomach
2. Take two slow breaths
3. Ask: "What emotion is present right now?"
4. Name it specifically (not just "bad")
5. Say internally or out loud: "I'm noticing [emotion] right now"
6. Observe where you feel it in your body
7. Remind yourself: "This is weather. It will pass."

## **Why This Works:**

When you name an emotion, you create distance from it. You move from "I AM angry" to "I'm experiencing anger." This small shift gives you agency. You're the one observing the weather, not the weather itself.

## **Quick Win**

Try this the next time someone cuts you off in traffic or sends you a frustrating email. Notice how naming the emotion reduces its grip on you.

# PRACTICE 3 – THE CENTER POINT RESET

## The Center Point Reset

### When to Use This:

- Scattered or pulled in multiple directions
- Physically tense or agitated
- Disconnected from your body
- Reactive or about to lose your cool

### The Practice (90 seconds):

1. Stand or sit with both feet flat on the floor
2. Press your feet firmly into the ground
3. Take a deep breath and imagine a line from the top of your head down through your spine to the earth
4. On your exhale, imagine that line anchoring deep into the ground
5. Say internally: "I am here, right now, in this body"
6. Scan from head to toe, noticing any tension
7. Roll your shoulders back, unclench your jaw, soften your belly
8. Take one more grounding breath

### Why This Works:

When you're overwhelmed, you're usually up in your head or scattered across past and future. This practice brings you back into your body and into the present moment. Your body is always in the now. It's your anchor.

### Quick Win

Use this before any important conversation, presentation, or difficult moment. You'll show up more grounded and responsive rather than reactive.

# PRACTICE 4 – THE SPACIOUSNESS BREATH

Create internal room for what is

## **When to Use This:**

- Tight, contracted, or closed off
- Resistant to what's happening
- Like there's no room for one more thing
- Overwhelmed by circumstances or emotions

## **The Practice (60–90 seconds):**

1. Find a comfortable position (sitting or standing)
2. Place one hand on your heart, one on your belly
3. Close your eyes if comfortable
4. Breathe in for 4 counts, imagining your chest and belly expanding like a balloon
5. Hold for 2 counts at the top
6. Breathe out for 6 counts, but keep the sense of spaciousness
7. With each inhale, imagine creating more internal space
8. With each exhale, imagine that space remaining open and available
9. Repeat for 5–8 breath cycles
10. Notice the quality of openness you've created

**Why This Works:** When we're stressed, we physically contract - shoulders up, chest tight, breath shallow. This contraction creates a feeling of 'no room.' By consciously expanding and maintaining that expansion, you create a felt sense of spaciousness that changes your relationship to whatever you're facing.

## **Quick Win**

Use this practice when you receive unexpected bad news or when your schedule gets disrupted. Instead of tightening against it, create space to hold it.

# PRACTICE 5 – THE STORY SPOTTER

Catch narratives as they form

## When to Use This:

- Making assumptions about what people think
- Creating dramatic narratives about situations
- Jumping to conclusions
- Replaying old storylines (victim, hero, failure)

## The Practice (90 seconds):

1. Pause when you notice yourself in a story
2. Ask: "What story am I telling myself right now?"
3. Say it out loud or write it: "The story is..."
4. Ask: "Is this story definitely true, or is it an interpretation?"
5. Separate facts from story
6. Ask: "What else could be true?"
7. Generate 2–3 alternative interpretations
8. Choose the interpretation that serves you best right now

## Facts vs Story Example:

FACT: She didn't respond to my email

STORY: She's mad at me and thinks I'm incompetent

## Why This Works:

Your mind creates stories automatically to make sense of incomplete information. By catching stories as they form, you realize you're the author. Authors can choose different narratives.

## Quick Win

Use this the next time someone's behavior confuses or upsets you. Watch how quickly your certainty dissolves when you realize you're in a story.

# QUICK REFERENCE GUIDE

Quick Reference: When to Use Which Practice

What are you experiencing right now?

My mind won't stop spinning

→ **USE PRACTICE 1: MIND TOOL CHECK-IN**

I'm overwhelmed by strong emotions

→ **USE PRACTICE 2: EMOTIONAL WEATHER REPORT**

I feel scattered, tense, or reactive

→ **USE PRACTICE 3: CENTER POINT RESET**

I feel tight, resistant, or closed off

→ **USE PRACTICE 4: SPACIOUSNESS BREATH**

I'm making assumptions or jumping to conclusions

→ **USE PRACTICE 5: STORY SPOTTER**

**Pro Tip:** When in doubt, start with Practice 3 (Center Point Reset). Once you're grounded, you'll know which practice you need next.

# YOUR 7-DAY PRACTICE TRACKER

Focus on ONE practice this week

Choose one practice from this toolkit to focus on for the next 7 days. Each day, use it at least once and check the box below. Notice what shifts when you interrupt your patterns consistently.

| Days  | Practice Used | Time of Day | What I Noticed | Check                    |
|-------|---------------|-------------|----------------|--------------------------|
| DAY 1 |               |             |                | <input type="checkbox"/> |
| DAY 2 |               |             |                | <input type="checkbox"/> |
| DAY 3 |               |             |                | <input type="checkbox"/> |
| DAY 4 |               |             |                | <input type="checkbox"/> |
| DAY 5 |               |             |                | <input type="checkbox"/> |
| DAY 6 |               |             |                | <input type="checkbox"/> |
| DAY 7 |               |             |                | <input type="checkbox"/> |

## Reflection Prompt

After 7 Days: What did you learn about yourself?