THE ARCHIVIST METHOD™
BEHAVIORAL INTERCEPTION

THE CRASH COURSE

THE FREE FILE

“You’ve watched yourself do it.”

“You’ve tried to stop.”

“You did it anyway.”

Catch the recurring pattern before it becomes the behavior.

PATTERN ARCHAEOLOGY, NOT THERAPY

thearchivistmethod.com

PART ONE

OPEN THE FILE

What this is

You may recognize a recurring action you want to change. This file helps you examine a real moment, notice an opening, and practice a different action. You can use what fits without accepting an explanation that does not.

The method has a name.

Behavioral Interception. The practice of catching an automatic pattern as it begins, intercepting its usual response, and practicing a different action until it becomes more natural.

The practice has three moves: Catch, Intercept, Rewrite. This file teaches all three in full. Choose one situation, prepare an action that fits, and practice it when another opportunity appears.

This is practice material, not a diagnosis or a substitute for care you have or want. It offers examples of recurring actions and words to prepare. Your circumstances and safety remain part of the decision.

How to use it

- **Read the circuit and the method first.** Two short parts. They are the same for all nine patterns.
- **Then open one file.** Choose a description that fits a real situation you want to work on. A reaction while reading does not establish which pattern, if any, applies.
- **Notice and record.** The twenty-four-hour count is an observation exercise. You can take a useful action now; safety and responsibilities do not wait for the exercise to finish.
- **Prepare the words and action.** Rehearse the script out loud, five times, when you have privacy and it fits. Then practice the action it is meant to support.
- **Keep the card.** The last part of this file is nine cards and two sheets. Print the sheet. Photograph the card.

Four rules

- **One situation.** Start with one moment you recognize rather than trying to explain everything at once.
- **One rep.** You are not mastering the pattern this week. You are catching it once, and then once more.
- **Write it down.** When the pattern runs, one line. What happened, what the body did, whether you caught it. Data, not journaling.
- **A late catch is information.** Notice what already happened and what can change next. Take responsibility for any effect on someone else.

"Knowing is not the same thing as stopping."

PART TWO

THE CIRCUIT

A recurring action can be easier to examine as a sequence. This diagram is a working map to compare with your own experience. The order, feelings, and timing may differ. Keep observations separate from explanations.

CUE	Something happens. A sentence, a silence, a request, a compliment, a piece of good news.
BODY	A signal you may notice: a tight chest, a drop in the stomach, heat, or a fast heart.
THOUGHT	A thought may accompany the feeling. Compare its explanation with the present facts.
WINDOW	The opening before the next action. Three to seven seconds is a working training target.
BEHAVIOR	The usual response: the exit, the sorry, the test, the reply, the deflection, the explosion.
RELIEF	The action may bring relief, even when it leaves another problem to address.
REINFORCEMENT	Relief can help keep an action familiar. It is one possible part of the sequence.

The window is the opening before an automatic action completes. Practice noticing early and starting a different action while it remains available. If that action has already happened, you can still work with the next choice. A late catch does not erase the earlier behavior.

On the window: three to seven seconds is a working figure used as a training target. It is a founder heuristic, not a universal biological interval or a laboratory measurement. Notice early and act while a choice is available; do not race a stopwatch. A late catch gives you the next action to work with.

The body signal

A body signal can help you recognize a familiar moment. You might notice a tight chest, a drop in the stomach, heat, or tension in your shoulders. You may notice a thought or an action first. Begin with the cue you can actually recognize, without trying to produce a sensation.

Each file offers a first domino: an example of an early signal to look for. It is not a fixed order every person must follow. Notice what appears in your situation and pair it with the next action. If no early signal is clear, make a short note afterward.

Check the explanation

A thought may arrive with a feeling: "I need space." "They will be annoyed." "This one is different." It may point to something real, or leave out important facts. Compare it with what happened. A familiar feeling does not prove a familiar explanation is right, and this file cannot settle that question for you.

Why it runs again

An action may bring immediate relief while creating a later cost. That can make the action tempting again. Check whether this describes your experience. What eased in the moment? What remained afterward? Relief is information to examine; it does not establish that the action was right or wrong.

Where it was learned

The archive calls a setting where a pattern was learned the Original Room. Earlier experiences may help explain a repeated action, but no history is assigned here. Present pressures can matter too. You do not have to find a childhood event or recover a memory before practicing a different action.

Source unknown is a complete answer.

PART THREE

THE METHOD

Three moves, with no required waiting period between them. You can notice a familiar moment and try a prepared action today. Repeating that action is the ongoing practice.

1. Catch

Catch. Feel the body signal and name the pattern before it becomes the behavior.

Notice your signal and name the pattern when it fits: "The Apology Loop is running." You can do this privately. Then identify the next action you are about to take. Naming that action gives you something concrete to work with; it does not decide the whole situation.

You may notice after the action has already happened. Record that honestly. The count helps you find situations to prepare for; it does not require letting an unhelpful action continue. Use the next section when a different action is available. If someone could be hurt, safety comes before making a note.

2. Intercept

Intercept. Interrupt the usual response and choose a different action before the old pattern completes.

Interrupt the usual response and choose an action that fits the situation. A pause needs something to support it: a clear request, an honest update, a completed task, or safe distance. The point is the next deliberate action, not merely saying a label.

Each file carries a full script and a shorter spoken cue. Rehearse when you have words and privacy. Hearing the sentence can help you prepare the action; it does not guarantee that discomfort will disappear. Use a script only when its description fits. No script outranks safety. For the default spoken cue, a whisper counts; silent does not count as saying it. If speech is unavailable, use or show a prepared written sentence and take the action safely. You do not have to remain in an escalating exchange to finish a script.

The words support the action. A pause message, an accurate thank you, a direct question, or safely leaving an escalating exchange can each change what happens next. Begin with a manageable situation. The feeling may stay, and the other person may respond in a way you dislike. Record your own choice and its actual effect.

3. Rewrite

Rewrite. Repeat the different action until it becomes easier to reach when the signal returns.

Rewrite is repeated practice of the different action. There is no day you stop intercepting and start rewriting. Choose one manageable situation, prepare the words or action, and try again when it returns. One repetition is an attempt you can learn from, not a promise that every later moment will be easy.

The next attempt may feel easier, harder, or much the same. Notice what helped: preparation, support, or a simpler situation. Count the actions you practiced, not the days until you should feel different.

Insight does not change the sequence. Repeating the different action does.

PART FOUR

THE NINE FILES

Nine patterns, in canonical order. Begin with one that fits a situation you can describe. Keep what is useful and leave room to correct the explanation. Each file includes recognition, the sequence, the signal, Catch, Intercept, Rewrite, and a return card.

	FILE	FIRST DOMINO	SHORT SCRIPT
1.	**The Disappearing Pattern**	A band around the chest.	“Pattern. Send one honest sentence.”
2.	**The Apology Loop**	A drop in the stomach.	“Not sorry. Thank you.”
3.	**The Testing Pattern**	A fast heart.	“Not a test. Ask directly.”
4.	**Attraction to Harm**	A lift or a charge in the chest.	“Familiar, not safe.”
5.	**Compliment Deflection**	Heat in the face.	“Thank you. Full stop.”
6.	**The Draining Bond**	A weight across the shoulders.	“Pattern, not loyalty.”
7.	**Success Sabotage**	A scan for what is wrong during good news.	“Tolerate good.”
8.	**The Perfectionism Trap**	The jaw tightening.	“Done. Submit.”
9.	**The Rage Pattern**	Heat rising through the chest.	“I need 20 minutes.”

Read the safety guidance before practice. Threats, coercion, violence, and control need appropriate support and safer options. Where someone could be hurt, prioritize safety and distance; no script supersedes that. A pattern label does not prove a present situation is safe.

Each file uses the same teaching order. Use recognition and the sequence to compare with your life. Prepare the action between moments, and practice when it fits. The card is a brief reminder; the safety and context in the file still apply.

1. THE DISAPPEARING PATTERN

Recognition

You went quiet before you could explain. The part they saw was your silence. The part you could not explain came before it. You find better words later, but returning gets harder as the explanation grows. Sometimes you are hurt or overloaded. Sometimes wanted closeness feels difficult. Needing space, by itself, does not establish a pattern. Start with the moment you recognize.

Same move, different room. A partner sighs before you finish explaining. You leave without saying when you will return. A friend makes a joke that hurts. You laugh, then stop answering invitations. At work, your idea is dismissed. The next request for your input goes unanswered.

> **[RECOGNITION]**
>
> Your silence may have left someone guessing. Owning that does not require agreeing that you deserved what happened before it. What hurt and how you responded can both need attention.

The sequence

CUE	A hurtful remark, overload, or a wanted connection becoming closer.
BODY	You may notice a tight chest or throat, a hot face, or words becoming hard to reach.
THOUGHT	"Nothing I say will help." "I need time." "I cannot explain yet."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The message closes. A wanted plan is cancelled. A pause becomes silence without an update.
RELIEF	Distance may offer relief. Returning may also grow harder while the reply waits.

The signal

Find the moment before the phone turns over. Chest tightness is one possible first domino, not a requirement. What did you notice before going quiet? A feeling does not decide whether contact is safe or whether you should stay. Check the present circumstances alongside it.

> **[PATTERN SNAPSHOT]**
>
> - **A band around the chest.** One possible first domino.
> - A tight chest or throat before going quiet.
> - Heat in the face when a remark lands.
> - Words disappearing while the argument continues inside.
> - Turning the phone over or cancelling contact you still want.

Catch

If you notice a band around the chest and this sequence fits, name it: "The Disappearing Pattern is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice moments when you pull away. Note what happened, what you felt, and what you did. Include the reason you know: hurt, overload, unwanted contact, or closeness you want.

L if contact ended without an update. C if you communicated a pause or kept wanted contact. ? if you are unsure. Needing space is not automatically a pattern mark. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

Use this practice for contact you want and can approach safely. If there are threats, force, control, or fear of what someone may do, seek distance and support. You do not owe a return to that conversation.

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

"The Disappearing Pattern just activated. I feel chest tightness. The pattern wants me to go quiet. I am choosing one honest sentence instead."

Short version, for when the full script is too much: **"Pattern. Send one honest sentence."**

The words support the action. Use this when it fits: name a needed pause, keep a wanted plan, or begin a safe return. If contact is unsafe, choose distance and support. You do not owe a return.

Hurt or overloaded: "That hurt. I need to step away. I will check in after dinner about when we can talk." Choose an update you can keep, not a promise to be calm by then. If speech is unavailable, use a prepared message or send it when you can.

Wanted closeness: "I want to see you. I am finding myself pulling away, and I want to keep our plan." Keep it only if you still want the contact.

Already quiet: "I went quiet. I was hurt and could not find words, but I left you guessing. I am sorry for that. Can we find a time to talk?" Catch the next urge to postpone a safe return. They may need time too. Your check-in is an honest update, not a demand to finish the conversation or forgive the silence.

Rewrite

Prepare one pause, plan, or return sentence while words are available. Rehearse it, then practice the matching action. Record what you did and what happened. A late catch does not undo silence; it can begin the next honest contact.

[REWRITE FRAME]

A pause can have a way back. Keep the check-in or send an update if you need more time. Returning does not require withdrawing what hurt you.

The next time

FEEL IT. Your body signal before you pull away.
NAME IT. "The Disappearing Pattern is running."
SAY IT. "Pattern. Send one honest sentence." Out loud.
DO IT. Communicate a safe pause, keep wanted contact, or make an honest return.
COUNT IT. One rep. Caught late still counts.

2. THE APOLOGY LOOP

Recognition

The question your work requires you to ask is buried beneath "Sorry to bother you" and a paragraph explaining why it can wait. Sometimes sorry is ordinary courtesy. Sometimes it makes a legitimate need harder to hear. Examine its job in this exchange. A real harm still deserves a real apology.

Same move, different room. The message to your manager that opens with "sorry to bother you" for a question your job requires. The apology to your partner for a mood that was theirs, offered before anything had happened. The apology to the empty kitchen when you bump the chair.

> **[RECOGNITION]**
>
> Check what actually happened. You can state a legitimate request clearly and take responsibility when you caused harm. The practice is telling those situations apart.

The sequence

CUE	A need arrives. You have to ask, disagree, take up time or space.
BODY	Possible signals: a drop in the stomach, the throat tightening, the shoulders coming in.
THOUGHT	"I am being a burden." "They will be annoyed."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The sorry, the padding, the exit ramp built into the request.
RELIEF	An apology may briefly reduce discomfort, even when it obscures the request.

The signal

A drop in the stomach may be your first domino. You may notice a tight throat or shrinking posture instead. Look for the signal that came before your request disappeared beneath an apology. The feeling does not establish that asking is wrong or that another person will respond well.

> **[PATTERN SNAPSHOT]**
>
> - **A drop in the stomach.** One possible first domino.
> - The drop in the stomach. Felt as guilt for needing, not for wrongdoing.
> - Throat tightening. The voice climbs in pitch and drops in volume.
> - Physical shrinking. Shoulders inward, head down, less space.
> - Face heat, especially in public or with authority. Hands adjusting nothing.

Catch

If you notice a drop in the stomach and this sequence fits, name it: "The Apology Loop is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice your sorrys and the situation around each one. Did you cause harm, use ordinary courtesy, or make a legitimate need harder to hear?

L for a needed apology. P when the apology hid a legitimate request. ? when unsure. Count the entries with their context. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

“I am about to apologize for existing. I have done nothing wrong. I am replacing 'sorry' with 'thank you.'”

Short version, for when the full script is too much: **“Not sorry. Thank you.”**

The words support the action. Use this when it fits: leave the sorry out and say the thing. Thank you for waiting, not sorry I am late.

For a legitimate request, try "I have a question" or "Can you help me with this?" Gratitude can acknowledge time: "Thank you for reading this." If you kept someone waiting, retain the apology: "I am sorry I was late. Thank you for waiting." The swap is not a rule to stop taking responsibility. The person may agree, decline, or need clarification. Give them room to answer. If you caused harm, repair it. If you made a reasonable request, discomfort alone does not require an apology.

Rewrite

Choose one ordinary request from your notes. Prepare a clear sentence and use it when the situation returns. If you notice after saying sorry, you can still state the request. Record what changed without apologizing for the exercise itself.

[REWRITE FRAME]

Be accurate. Acknowledge harm when it happened. State a need when that is the conversation. Neither requires a long explanation of why you are difficult to help.

The next time

FEEL IT. The drop in the stomach.

NAME IT. "The Apology Loop is running."

SAY IT. "Not sorry. Thank you." Out loud.

DO IT. State the request clearly. Keep an apology when one is owed.

COUNT IT. One rep. Caught late still counts.

3. THE TESTING PATTERN

Recognition

The reply says "Busy today." You start typing "I will stop bothering you." What you need to know is when you can talk. What the draft asks them to do is prove they still want you there. The question and the message have become different things. Their actual reliability still matters; a pattern label does not settle that question.

Same move, different room. The partner whose text took two hours, answered with something sharp to see what came back. The friend you went cold on for a week to see whether they would notice. The colleague whose silence in a meeting became a case by the afternoon.

> **[RECOGNITION]**
>
> A test hides the question inside a provocation or a silence. A direct request gives someone a chance to answer the question you actually need to ask. It does not guarantee reassurance.

The sequence

CUE	A silence. An unanswered text, a stretch of quiet, a calm weekend that went on too long.
BODY	Possible signals: the heart picks up, the pulse moves into the throat, the chest flutters.
THOUGHT	"They are pulling away." "If they really cared, they would know."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The sharp message, the picked fight, the going cold, the question with a trap in it.
RELIEF	A reply may settle uncertainty briefly, while leaving the hidden test to repair.

The signal

A fast heart may be your first domino before a sharp message. You may instead notice restless checking or a draft meant to provoke a reply. Separate the fact, "They have not answered," from the interpretation, "They are leaving." Neither a feeling nor this file can establish which explanation is right.

> **[PATTERN SNAPSHOT]**
>
> - **A fast heart.** One possible first domino.
> - The fast heart. The pulse in the throat before the thought has formed.
> - The chest flutter. Something alive in the sternum, louder the longer the silence.
> - The scan. Face, hands, phone, last-active status.
> - Shallow upper-chest breath, restless legs, the hand on the phone.

Catch

If you notice a fast heart and this sequence fits, name it: "The Testing Pattern is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice your own checking and test messages. Record what happened, what you knew, and what you were about to send. Do not inspect private accounts as part of the exercise.

T for a hidden test. C for a check without a test. ? when unsure. Note the actual question underneath. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

"The Testing Pattern activated. I want to test if they really care. I am not creating a test. I am asking directly instead."

Short version, for when the full script is too much: **"Not a test. Ask directly."**

The words support the action. Use this when it fits: send the ask instead of the test, and put the phone face down.

Ask the actual question once: "I have felt distant from you this week. Can we talk tonight?" Then leave room for an answer. A real deadline can be stated plainly. An ordinary delay does not require another message to force reassurance. If someone repeatedly breaks agreements, raise those facts directly. They may need time, say no, or offer an answer you dislike. A direct request is not a payment for reassurance. Respect privacy and give the other person room to choose.

Rewrite

Practice one clear request in place of one test. If a test was already sent, acknowledge it and its effect. "I put you through a test instead of asking. I am sorry." Do not make accepting the apology another test.

[REWRITE FRAME]

The request makes your need visible. The other person still gets an answer of their own. The practice is clarity without a hidden trial.

The next time

FEEL IT. The heart climbing into the throat.

NAME IT. "The Testing Pattern is running."

SAY IT. "Not a test. Ask directly." Out loud.

DO IT. Ask the actual question once. Leave room for an answer.

COUNT IT. One rep. Caught late still counts.

4. ATTRACTION TO HARM

Recognition

You miss them. You also remember what happened. Their message brings a lift, and the apology you never received briefly feels less urgent than seeing them again. The feeling is real. So is the record of their actions. Intensity alone does not establish harm, and being drawn toward someone does not make you responsible for their behavior.

Same move, different room. A message from a partner whose broken agreement still has not been addressed. A friend who disappears, then returns with warmth and another urgent request. A manager whose praise repeatedly arrives beside pressure or contempt.

> **[RECOGNITION]**
>
> A strong pull is part of a decision, not the whole decision. Check it against what the person actually does, including how they respond when you say no.

The sequence

CUE	A contact. A message arrives, the phone is picked up to check for one, the decision to see them again is being made.
BODY	Possible signals: a lift or a charge in the chest, the pulse into the throat, a drop in the stomach.
THOUGHT	"This one is different." "The chemistry is too strong to ignore."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The reply, the profile read again, the yes, the drive over.
RELIEF	Answering may feel relieving or exciting. That feeling does not establish safety.

The signal

The lift in the chest may be the first domino before a reply. You may notice attention narrowing toward them or urgency to see them. None of those feelings establishes safety. A lack of attraction to someone steady does not establish a pattern either. You do not owe anyone a date.

> **[PATTERN SNAPSHOT]**
>
> - **A lift or a charge in the chest.** One possible first domino.
> - The lift or charge in the chest at the contact. Felt as desire.
> - The pulse in the throat, the stomach dropping.
> - Thinking narrowed to them. Replaying, analyzing, building scenarios.
> - The pull. Hard to delete the message, hard to walk past the door.

Catch

If you notice a lift or a charge in the chest and this sequence fits, name it: "Attraction to Harm is running." You can do this privately. Check the situation before choosing your next action.

> **[FIELD ASSIGNMENT]**
>
> **For the next twenty-four hours:** Notice the pull before contact and write one observed fact about the person. Keep feelings and behavior visible together.
>
> F when the pull accompanies observed hot-and-cold behavior. S when the person has been steady. ? when you do not know enough. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

If contact involves threats, coercion, stalking, violence, or control, prioritize safety and support. A domestic violence hotline, professional support, or a trusted person can help you consider safer options and distance. When contact would put you at risk, never contact the person as a practice exercise. Returning to danger is not a way to rehearse this method.

> **[INTERRUPTION SCRIPT]**
>
> Practice this out loud, five times, when you have privacy and the situation fits.
>
> *"I feel chemistry with this person. Let me check: are they safe or familiar? This is pattern recognition, not love. I am choosing not to pursue."*
>
> Short version, for when the full script is too much: **"Familiar, not safe."**

The words support the action. Use this when it fits: put the phone face down and do not move toward them for seventy-two hours. If this is someone who has hurt you, the move is distance and one call to a person outside it, not contact.

Put the phone down before deciding. A seventy-two-hour pause is an option for nonessential contact when safe and practical, not a biological reset. Use the time to review actions and agreements. Shared care, housing, or work may require planned contact. You can decline pursuit while arranging what remains necessary. The pull may soften or remain. Neither outcome establishes safety. You may still want contact and decide against it because of what you know. You do not have to choose someone else merely because they seem calm.

Rewrite

Practice one considered contact decision. If you replied before noticing, choose the next safe action now. There is no clock to restart as punishment. Record the behavior you considered and the decision you made.

> **[REWRITE FRAME]**
>
> You do not have to erase a feeling before acting on the facts. Continue only when you want the connection and can approach it safely. Lack of attraction is also information.

The next time

FEEL IT. The lift in the chest at the contact.

NAME IT. "Attraction to Harm is running."

SAY IT. "Familiar, not safe." Out loud.

DO IT. Pause before pursuing. Check behavior, responsibilities, and safety.

COUNT IT. One rep. Caught late still counts.

5. COMPLIMENT DEFLECTION

Recognition

A colleague thanks you for an explanation. "It was nothing," you say, although you spent an evening getting it right. The conversation moves on. A small phrase made the attention easier to bear and made your effort harder to see. Notice whether this is a repeated response to accurate appreciation you would like to receive.

Same move, different room. The manager who says the presentation was the best in the meeting, answered with "the team did the real work." The parent who says, once, that they are proud of you, answered with "well, it took me long enough." The partner who tells you why they love you, until they stop, because it was always handed back.

> **[RECOGNITION]**
>
> You can receive accurate praise without accepting every compliment as fact. Sharing credit is compatible with keeping your own contribution visible.

The sequence

CUE	Praise. "That was good." "I am proud of you." A name read out in a room.
BODY	Possible signals: heat in the face and chest, the shoulders pulling in, the eyes dropping.
THOUGHT	"They are just being polite." "This person has made a mistake and I need to correct it."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The joke, the minimizing, the credit handed to the team, the compliment returned to the sender.
RELIEF	Redirecting attention may feel easier in the moment, while erasing useful appreciation.

The signal

Heat in the face may be the first domino before a minimizing joke. You might notice the joke forming first. Looking away does not establish avoidance, and eye contact is not required. Look at whether your next words erase a contribution you actually made.

> **[PATTERN SNAPSHOT]**
>
> - **Heat in the face.** One possible first domino.
> - Heat in the face or chest during praise.
> - A minimizing joke beginning to form.
> - An urge to change the subject.
> - An accurate contribution described as nothing.

Catch

If you notice heat in the face and this sequence fits, name it: "Compliment Deflection is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice praise and what you answered. Include whether the comment was accurate and welcome.

T when you received accurate appreciation. D when you erased your contribution. ? for unclear, inaccurate, or unwanted praise. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

“Someone just complimented me. I want to deflect. I am saying only: Thank you. No deflection. No minimization.”

Short version, for when the full script is too much: **“Thank you. Full stop.”**

The words support the action. Use this when it fits: say the two words and stop. No qualifier, no redirect, no return compliment.

For welcome, accurate praise, try "Thank you" without adding a minimizing joke. Let the conversation continue. You can share credit: "Thank you. I am pleased with my part, and the team did important work too." You do not need eye contact, a long silence, or a return compliment to complete the action. You may still feel awkward. You do not owe agreement or continued attention when praise is unwanted, manipulative, or inaccurate. The practice is receiving useful information, not complying with every flattering remark.

Rewrite

Practice receiving one accurate comment without erasing it. If you notice late, "Actually, thank you. I did work hard on that" can reopen the moment. Record the specific contribution rather than making the compliment a claim about everything you do.

[REWRITE FRAME]

Let the accurate part remain in the record. You can value your contribution, credit others, and keep your own judgment at the same time.

The next time

FEEL IT. The heat in the face.

NAME IT. "Compliment Deflection is running."

SAY IT. "Thank you. Full stop." Out loud.

DO IT. Receive accurate appreciation without erasing your contribution.

COUNT IT. One rep. Caught late still counts.

6. THE DRAINING BOND

Recognition

You planned an evening for yourself. A request arrives, and you cancel before checking whether anyone else can help. The need may be real. The question is whether your yes was the only workable response, or the only one you allowed yourself to consider. Money, housing, care, safety, and guilt can all affect a decision. They require different kinds of help.

Same move, different room. The relationship where you are the one who absorbs, and have been for years. The job where the hours went from long to normal and you cover for a manager who would not cover for you. The friendship that runs in one direction, where the phone only rings when they need something.

> **[RECOGNITION]**
>
> Feeling depleted does not prove you must leave. Staying does not prove you are choosing freely. Your needs belong in the practical conversation about what can change.

The sequence

CUE	The thought of going arrives. For good, or for the evening, or for a Saturday. A friend says the true thing.
BODY	Possible signals: a weight lands across the shoulders and the chest, the stomach turns, the breath goes shallow.
THOUGHT	"They need me." "It is not that bad." "Leaving is selfish."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	You stay. You cancel the plan. You pick up. You take the limit back.
RELIEF	Saying yes may ease guilt briefly, while leaving the practical cost unchanged.

The signal

The weight in your chest or shoulders when you consider a change may be the first domino. Separate that moment from ongoing exhaustion, which this file cannot explain. Guilt, a necessary care responsibility, and fear of another person are different facts. Notice the action you are about to take before naming its cause.

> **[PATTERN SNAPSHOT]**
>
> - **A weight across the shoulders.** One possible first domino.
> - The weight across the shoulders and chest, landing the moment leaving is considered. Felt as guilt.
> - The stomach turning at the thought of going.
> - Shallow breath, shoulders rising into the brace, jaw set.
> - The legs not moving, the hand not dialing, the mouth not saying it.

Catch

If you notice a weight across the shoulders and this sequence fits, name it: "The Draining Bond is running." You can do this privately. Check the situation before choosing your next action.

> **[FIELD ASSIGNMENT]**
>
> **For the next twenty-four hours:** Notice the weight around a request or a change. Record what was needed, what you could offer, and what arrangement might have helped.
>
> Write the sentence that accompanied the feeling. Add a practical constraint when one exists. Do not count all responsibility as a pattern. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

If someone could harm, threaten, or control you, prioritize safety and professional support. A therapist, domestic violence hotline, or trusted person outside the situation can help you consider safer options. Distance may be necessary; how to obtain it safely depends on the situation. Do not confront someone as a practice exercise if that could increase danger.

> **[INTERRUPTION SCRIPT]**
>
> Practice this out loud, five times, when you have privacy and the situation fits.
>
> *"I know I should leave this situation. I am staying out of pattern, not love or necessity. Leaving is self-preservation, not betrayal."*
>
> Short version, for when the full script is too much: **"Pattern, not loyalty."**

The words support the action. Use this when it fits: hold one small limit for today. Not forever. Today. If someone could harm you, this is not the tool. Distance and support come first.

Choose one change you can make safely and responsibly: "I can help until six. After that we need another plan." Essential care needs coverage; arrange it rather than treating the need as a test of your resolve. The canonical script applies only when you have established that guilt, rather than necessity, is holding this choice back. The other person may disagree or need a practical alternative. That does not automatically settle the decision. If they become threatening or controlling, return to safety and support rather than trying harder to hold a practice sentence.

Rewrite

Repeat a manageable change and review its real effects. Record what you offered, what needed arranging, and what happened. Larger changes may require outside help. A late catch can begin a revised arrangement; it does not require an immediate decision about the whole relationship.

> **[REWRITE FRAME]**
>
> Caring does not require every need of your own to disappear. A shared task, outside help, a period of unavailability, or a plan to leave can each be a deliberate action when the circumstances fit.

The next time

FEEL IT. The weight landing on the chest and shoulders.

NAME IT. "The Draining Bond is running."

SAY IT. "Pattern, not loyalty." Out loud.

DO IT. Choose one safe change and arrange essential responsibilities.

COUNT IT. One rep. Caught late still counts.

7. SUCCESS SABOTAGE

Recognition

An opportunity you wanted arrives. Before the next step, you begin looking for a reason to undo it. The reason might be sound. It might also be a familiar retreat that appears when things begin to work. Compare the action with what you wanted before the news. Not every loss or change is something you caused.

Same move, different room. A wanted work opportunity arrives, and you begin drafting a withdrawal. A relationship feels closer, and you consider a message that would push it away. Savings reach a goal, and an unplanned spending decision becomes urgent.

> **[RECOGNITION]**
>
> You can want a good thing and feel uneasy when it arrives. That uneasiness does not require an immediate reversal. Check whether the next action solves a real problem or mainly ends the discomfort.

The sequence

CUE	Good news. The offer, the sixth month, the number in the account, the clean scan.
BODY	Possible signals: the chest tightens, and attention leaves the good thing to go looking for what is wrong with it.
THOUGHT	"This cannot last." "I am bored." "Might as well get it over with."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	A withdrawal, missed commitment, reckless message, or impulsive spending decision.
RELIEF	Undoing the opportunity may ease discomfort. Review the actual cost as well.

The signal

The scan for flaws may be the first domino, with tightness in the chest or upper stomach. Sometimes the scan finds a real concern. Sometimes it continues after the facts have been checked. What are you about to do with it: ask a practical question or undo something you still want?

> **[PATTERN SNAPSHOT]**
>
> - **A scan for what is wrong during good news.** One possible first domino.
> - The scan. Attention leaving the good thing during the good news.
> - A tightening in the chest and upper stomach as the scan starts.
> - A restless charge with nowhere to go: the leg bouncing, the hand reaching for the phone.
> - The unnamed anxiety: something is wrong, and nothing can be found.

Catch

If you notice a scan for what is wrong during good news and this sequence fits, name it: "Success Sabotage is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice a wanted opportunity and the next undoing move. Record the decision, the facts you had, and what the action would change.

Name the proposed action. Separate practical concerns from predictions. A decision to change course is not automatically a pattern mark. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

"Things are going well and I feel the urge to blow it up. This is the pattern. I do not have to act on this feeling. I can tolerate good."

Short version, for when the full script is too much: **"Tolerate good."**

The words support the action. Use this when it fits: stay in the good thing for sixty seconds without looking for the flaw, then make one small move in the other direction.

Pause before an automatic reversal when waiting is safe and practical. A forty-eight-hour wait is one option for a larger decision; it does not outrank a real deadline or urgent need. Gather facts and ask questions. If you still want the opportunity, take one supporting action. If it no longer fits, decline it deliberately. An urge becoming quieter does not prove the decision was wrong, and an urge remaining does not prove it was right. Use the facts. You do not have to say yes to prove that practice is working.

Rewrite

Repeat one considered choice. Note what you wanted, what you knew, what you chose, and what was outside your control. The next attempt may feel easier or harder. Neither feeling makes the earlier choice disappear.

[REWRITE FRAME]

Stay with something you want long enough to choose deliberately. Address a real problem when one exists. Discomfort alone does not decide what is good for you.

The next time

FEEL IT. The scan starting, the chest tightening, during the good news.

NAME IT. "Success Sabotage is running."

SAY IT. "Tolerate good." Out loud.

DO IT. Pause when practical. Check the facts. Choose one deliberate action.

COUNT IT. One rep. Caught late still counts.

8. THE PERFECTIONISM TRAP

Recognition

The report meets its brief. You check the figures and prepare to send it. Then you revise the opening, return to the original, and read everything again. No new requirement has appeared. The useful question is what the next pass is meant to check. Draft count alone does not distinguish care from delay.

Same move, different room. The report in its fourth draft, eighteen hours later, still "not quite there." The message to a friend rewritten four times and never sent. The thing you made, sitting in a drawer because it is not finished, which it has been for a year.

> **[RECOGNITION]**
>
> A specific defect deserves attention. A vague feeling of "not yet" needs a decision about when completed work can leave your hands. Keep the standards the task actually requires.

The sequence

CUE	The work gets close to done. The last paragraph, the send button, the plate about to go to the table.
BODY	Possible signals: the jaw tightens, the chest goes rib-high and small, the breath drops out.
THOUGHT	"It needs one more pass." "They will see the flaws." "I just want it to be right."
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The scroll back to the top, the read-through, the eighth adjustment, the draft folder.
RELIEF	Returning to revision may ease exposure briefly, without resolving when to send.

The signal

A tight jaw may be the first domino as sending gets closer. You might notice another scan for flaws or an urge to reopen the file. Compare the feeling with the remaining requirements. A necessary check still has a job; repeated checking for complete certainty may keep moving its finish.

> **[PATTERN SNAPSHOT]**
>
> - **The jaw tightening.** One possible first domino.
> - The jaw setting as the work gets close to done.
> - Chest tightness, rib-cage high, at the proximity of completion.
> - The scan. Eyes hunting the work for something to fix.
> - Held breath. The exhale dropping out without you noticing.

Catch

If you notice the jaw tightening and this sequence fits, name it: "The Perfectionism Trap is running." You can do this privately. Check the situation before choosing your next action.

[FIELD ASSIGNMENT]

For the next twenty-four hours: Notice each reopening and name its purpose. "Correct the totals" and "read until I feel certain" are different entries.

R for another pass, with its purpose. S for completed work sent. A required review is not automatically a pattern. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

[INTERRUPTION SCRIPT]

Practice this out loud, five times, when you have privacy and the situation fits.

"I am revising again. This is the pattern, not quality control. Done is better than perfect. I am submitting now."

Short version, for when the full script is too much: **"Done. Submit."**

The words support the action. Use this when it fits: send it as it is inside two minutes, and close the file.

Define done: the right recipient, accurate facts, necessary attachment, and any required review. Complete those checks. When another pass has no concrete job, send the finished work and close the file. An optional two-minute send belongs to a small, low-stakes task, never to skipped safeguards or unresolved errors. If a material error appears, correct it. If you merely prefer a different sentence, consider whether another version is useful. Feedback can guide a later revision without making submission a mistake.

Rewrite

Choose one low-stakes task with clear requirements. Finish its checks and submit it. If you notice halfway through another pass, ask whether it is fixing something real. A late catch can stop unneeded revision without abandoning necessary work.

[REWRITE FRAME]

Required standards remain. Completed work can reach its reader while some discomfort remains too. The possibility of criticism does not require keeping every draft private.

The next time

FEEL IT. The jaw setting as the work gets close to done.

NAME IT. "The Perfectionism Trap is running."

SAY IT. "Done. Submit." Out loud.

DO IT. Complete required checks. Send the finished work and close the file.

COUNT IT. One rep. Caught late still counts.

9. THE RAGE PATTERN

Recognition

You heard your voice getting louder. Heat rose, your jaw tightened, and a sentence meant to hurt came next. The anger may have a real reason. The person who heard the sentence also has something to describe: being frightened, humiliated, or hurt. Both belong in the record. Understanding anger does not transfer responsibility for the action.

Same move, different room. The kitchen: the request made once, and the reply three sizes too big for the room. The car: the driver who cut in, and the ten seconds where the wheel and the horn belonged to the heat. The hallway at seven in the morning: the child who would not put their shoes on, and the voice you heard from the outside.

> **[RECOGNITION]**
> You do not have to decide whether anger is justified before stopping a harmful response. Stop the action first. Address the original issue when the exchange can be safe.

The sequence

CUE	A disagreement, request, correction, or moment of feeling dismissed.
BODY	Possible signals: heat rises through the chest into the neck and face, the jaw sets, the fists close, the pulse is in the throat.
THOUGHT	You may think: "She always does this." "He has no respect for me." Check the facts later; stop harm now.
WINDOW	The opening before the next action. Timing varies; use the choice still available.
BEHAVIOR	The raised voice, the sentence chosen for maximum damage, the slammed door, the horn held down.
RELIEF	Pressure may ease after an outburst. Harm and responsibility still remain.

The signal

Heat may be the first domino; a clenched jaw, clipped voice, or urge to move closer may come first for you. Learn the cue you actually notice. No single signal appears before every event, and missing one cue does not remove the next chance to stop.

> **[PATTERN SNAPSHOT]**
> - **Heat rising through the chest.** One possible first domino.
> - The heat, chest to neck to face.
> - The jaw setting, then clenching. The fists closing, nails in the palms.
> - The pulse in the throat, felt as choking.
> - The tunnel. The room narrowing to one face. You stop seeing the child two feet to your left.

Catch

If you notice heat rising through the chest and this sequence fits, name it: "The Rage Pattern is running." You can do this privately. Check the situation before choosing your next action.

> **[FIELD ASSIGNMENT]**
>
> **For the next twenty-four hours:** Notice the heat or other early cue. Create safe distance before making a note if someone could be hurt. Record the situation later.
>
> E for a harmful escalation. H for a signal without that escalation. Record what actually happened; there is no expected ratio. Record what happened. You can take a different action before the count ends; safety comes first.

Intercept

If you have used violence, threats, intimidation, restraint, or other harmful behavior, seek professional support rather than relying on this page alone. In an encounter where anyone could be hurt, create safe distance and get help. Not standing your ground. Not following a car. Not picking anything up. Not blocking a door. Do not follow someone or continue an attack by message. Keep children and other dependents safely supervised.

> **[INTERRUPTION SCRIPT]**
>
> Practice this out loud, five times, when you have privacy and the situation fits.
>
> *"The rage is here. It is not me. I am leaving this room for 20 minutes. I will return when I can speak, not explode."*
>
> Short version, for when the full script is too much: **"I need 20 minutes."**

The words support the action. Use this when it fits: leave the room for twenty minutes. Cold water on the wrists. Come back when the heat is gone. Where someone could be hurt, distance is the whole move.

Use brief pause words if you can and move away safely. Do not wait to finish a script before stopping harm. The twenty minutes in the script is a planned pause, not a guarantee you will be ready to return. In a car, let the driver go. With a child, arrange a safe adult to take over or create distance without leaving them unattended. The heat may last longer. Extend the pause with a brief update when safe. Return only when you can speak without intimidation and the other person is willing. Continuing the argument through messages defeats the purpose of the distance.

Rewrite

After a late catch, stop the next harmful action. When repair is safe and welcome, acknowledge what you did: "I shouted at you. That was harmful. I am sorry." Do not demand immediate forgiveness or agreement about the original issue. Repeated harm needs support beyond repeated apologies.

> **[REWRITE FRAME]**
>
> Anger may contain information. Harm still needs to stop. Safe distance, responsibility for your actions, and appropriate support belong together in the practice.

The next time

FEEL IT. The heat rising in the chest.

NAME IT. "The Rage Pattern is running."

SAY IT. "I need 20 minutes." Out loud.

DO IT. Create safe distance. Keep dependents safe. Return only when safe and welcome.

COUNT IT. One rep. Caught late still counts.

PART FIVE

PATTERN ARCHAEOLOGY

There is one more kind of work, and it is optional.

Pattern Archaeology. Between moments, investigate where the pattern was learned, what it once accomplished, and what still keeps it running.

The investigation can wait for a calmer moment. Nothing in the practice depends on finding an origin. You can notice a recurring action, prepare a different one, and repeat it without explaining your entire history. This optional work is not a fourth move.

What it is for

Between moments, you may want to examine how a repeated action developed. The Original Room can refer to a set of conditions, not necessarily one event or childhood. Separate what you remember from what you infer. Understanding can be useful alongside practice; an explanation alone does not perform the next action.

What it is not

- Not memory work. Nothing here asks you to recover anything, and a pattern with no findable origin is not a pattern with a hidden one.
- Not a requirement. A reader who never opens this part is running the whole method.
- Not the moment. When the pattern is firing, the only work is the window. The investigation waits for a calm day.
- Not a diagnosis. Some people look and find the Original Room. Some look honestly and find nothing, and that is a finished investigation.

Source unknown is a complete answer.

Three questions, if you want them

One line each, on a calm day. Skip any of them. Skip all of them.

- **Where was it learned?** Not necessarily when. The conditions: what closeness, or a plain need, or a good day, tended to be followed by.
- **What might it have accomplished?** Did the action reduce conflict, get a reply, or postpone something difficult? Leave room for uncertainty rather than assuming every action once protected you.
- **What still keeps it running?** Consider relief, practical constraints, other people's responses, fatigue, or present pressure. Record what you observe and what remains a possibility.

PART SIX

THE NEXT TIME

A familiar pattern may appear again. The archive has a word for that later occasion.

Recurrence. The same pattern presenting again on a later occasion.

A recurrence is an occasion, not a verdict. Check this situation on its own facts before choosing the action. The aim is to make the different action easier to reach through practice, not to promise that a feeling must disappear or return on a particular schedule.

The late catch

Some days you notice after saying sorry, leaving a reply unanswered, or reopening a file. Name what happened when it helps, then find the next useful choice. A catch that arrives late can guide a repair or another action. It does not undo what already happened or establish why it happened.

The partial interruption

You may begin a different action and then return to the old one. Record both parts: "I said thank you, then dismissed the work." You can practice ending the sentence earlier next time. Do not assume a particular effect inside the body. Look at the observable action and what would make another attempt more workable.

Doing it anyway

Sometimes the cue is spoken and the usual action still follows. Check where the words arrived, whether they fit, and what preparation or support was missing. If someone was affected, address that effect. A late return, an accurate thank you, or safe distance after harmful words can change what happens next. Necessary support does not wait for another repetition.

Trying again

Nothing resets. Keep a simple record of attempts, including late catches and moments that did not go as intended. Choose a manageable next opportunity. If the practice is not helping, review the fit and seek support as needed rather than treating difficulty as a reason to force the same action harder.

Insight does not change the sequence. Repeating the different action does.

PART SEVEN

THE LIVE-USE REFERENCE

Nine cards, one per file, for the moment itself. Photograph the one you are working. The full script is in the file; the card carries the short one, because in the moment the short one is the one that fires.

1. THE DISAPPEARING PATTERN

FEEL IT. Your body signal before you pull away.

NAME IT. “The Disappearing Pattern is running.”

SAY IT. “Pattern. Send one honest sentence.” Out loud.

DO IT. Communicate a safe pause, keep wanted contact, or make an honest return.

COUNT IT. One rep. Caught late still counts.

If contact is unsafe, choose distance and support. You do not owe a return.

2. THE APOLOGY LOOP

FEEL IT. The drop in the stomach.

NAME IT. “The Apology Loop is running.”

SAY IT. “Not sorry. Thank you.” Out loud.

DO IT. State the request clearly. Keep an apology when one is owed.

COUNT IT. One rep. Caught late still counts.

3. THE TESTING PATTERN

FEEL IT. The heart climbing into the throat.

NAME IT. “The Testing Pattern is running.”

SAY IT. “Not a test. Ask directly.” Out loud.

DO IT. Ask the actual question once. Leave room for an answer.

COUNT IT. One rep. Caught late still counts.

4. ATTRACTION TO HARM

FEEL IT. The lift in the chest at the contact.

NAME IT. “Attraction to Harm is running.”

SAY IT. “Familiar, not safe.” Out loud.

DO IT. Pause before pursuing. Check behavior, responsibilities, and safety.

COUNT IT. One rep. Caught late still counts.

If this is someone who has hurt you, the move is distance and one call to a person outside it, not contact.

5. COMPLIMENT DEFLECTION

FEEL IT. The heat in the face.

NAME IT. “Compliment Deflection is running.”

SAY IT. “Thank you. Full stop.” Out loud.

DO IT. Receive accurate appreciation without erasing your contribution.

COUNT IT. One rep. Caught late still counts.

6. THE DRAINING BOND

FEEL IT. The weight landing on the chest and shoulders.

NAME IT. “The Draining Bond is running.”

SAY IT. “Pattern, not loyalty.” Out loud.

DO IT. Choose one safe change and arrange essential responsibilities.

COUNT IT. One rep. Caught late still counts.

If someone could harm you, this is not the tool. Distance and support come first.

7. SUCCESS SABOTAGE

FEEL IT. The scan starting, the chest tightening, during the good news.

NAME IT. “Success Sabotage is running.”

SAY IT. “Tolerate good.” Out loud.

DO IT. Pause when practical. Check the facts. Choose one deliberate action.

COUNT IT. One rep. Caught late still counts.

8. THE PERFECTIONISM TRAP

FEEL IT. The jaw setting as the work gets close to done.

NAME IT. “The Perfectionism Trap is running.”

SAY IT. “Done. Submit.” Out loud.

DO IT. Complete required checks. Send the finished work and close the file.

COUNT IT. One rep. Caught late still counts.

9. THE RAGE PATTERN

FEEL IT. The heat rising in the chest.

NAME IT. “The Rage Pattern is running.”

SAY IT. “I need 20 minutes.” Out loud.

DO IT. Create safe distance. Keep dependents safe. Return only when safe and welcome.

COUNT IT. One rep. Caught late still counts.

Where someone could be hurt, distance is the whole move.

The full scripts, in the order of the files, for rehearsal:

1. The Disappearing Pattern. “The Disappearing Pattern just activated. I feel chest tightness. The pattern wants me to go quiet. I am choosing one honest sentence instead.”

2. The Apology Loop. “I am about to apologize for existing. I have done nothing wrong. I am replacing 'sorry' with 'thank you.'”

3. The Testing Pattern. “The Testing Pattern activated. I want to test if they really care. I am not creating a test. I am asking directly instead.”

4. Attraction to Harm. “I feel chemistry with this person. Let me check: are they safe or familiar? This is pattern recognition, not love. I am choosing not to pursue.”

5. Compliment Deflection. “Someone just complimented me. I want to deflect. I am saying only: Thank you. No deflection. No minimization.”

6. The Draining Bond. “I know I should leave this situation. I am staying out of pattern, not love or necessity. Leaving is self-preservation, not betrayal.”

7. Success Sabotage. “Things are going well and I feel the urge to blow it up. This is the pattern. I do not have to act on this feeling. I can tolerate good.”

8. The Perfectionism Trap. “I am revising again. This is the pattern, not quality control. Done is better than perfect. I am submitting now.”

9. The Rage Pattern. “The rage is here. It is not me. I am leaving this room for 20 minutes. I will return when I can speak, not explode.”

PRINTABLE SHEET

THE COUNT

Twenty-four hours. One file. Note a moment you recognize: what happened, what you noticed, and what you did. You can act before the count is finished. Safety and ordinary responsibilities come first.

File: _____ Date: _____

TIME	WHAT HAPPENED (THE CUE)	WHAT THE BODY DID	CAUGHT	MARK
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	
			early late after	

The mark follows the file: L or C for Disappearing, L or P for Apology, T or C for Testing, F or S for Attraction, T or D for Compliment, a sentence for Draining, a move for Success, R or S for Perfectionism, E or H for Rage. Use ? when unsure and keep the context.

Caught is when you noticed: early, before the action; late, after it started; after, when it was over. Keep the actual timing. A low count may mean few opportunities appeared; a high count does not establish the reason for them.

End of the count. Total marks: _____ The pattern's marks: _____

PRINTABLE SHEET

THE REP LOG

One line per attempt: the signal you noticed, the cue you used, the action you took, or where it became difficult. Record what actually happened. A late catch is useful information. You do not need to finish the first sheet before using this one.

File: _____ Short script: _____

DATE	THE CUE	SIGNAL FELT	SAID IT	DIFFERENT ACTION TAKEN	NOTE
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		
		early late after	yes no		

What to record: a signal noticed, a cue used, a different action taken, or any part you reached. Distinguish noticing from changing an action. A brief change or late catch can guide the next attempt without erasing the effect of earlier behavior.

What to watch for: noticing earlier, reaching prepared words, choosing a useful action, or making a needed repair. Progress need not be a straight line. The notes help you adjust the practice; filling a sheet is not the outcome.

THE ARCHIVIST METHOD™
BEHAVIORAL INTERCEPTION

PATTERN ARCHAEOLOGY, NOT THERAPY

You found out the pattern has a name.
You have a signal to look for and room to learn.
You have one script and one thing to do instead.

Catch. Intercept. Rewrite.

The next time is another rep.

thearchivistmethod.com

END OF THE CRASH COURSE