



## Same Crap, New Day

***Different details. Same pattern. Let's finally call it what it is—and decide if we're done with it yet.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What felt frustratingly familiar about today? \_\_\_\_\_

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2. What pattern or loop did I notice myself stuck in again? \_\_\_\_\_

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3. Who or what played a role in repeating the cycle? \_\_\_\_\_

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4. What emotion came up strongest when I noticed it? \_\_\_\_\_

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5. Did I try to interrupt the pattern, or just ride it out? \_\_\_\_\_

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6. Is this actually mine, or someone else's script I'm still playing? \_\_\_\_\_

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7. What would it mean to stop this pattern for good? \_\_\_\_\_

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8. Have I seen even small signs that it's loosening? \_\_\_\_\_

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9. What action today broke the script, if even for a second? \_\_\_\_\_

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10. If this pattern had a name, what would I call it? \_\_\_\_\_

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