

WB 1.5 — The Circle

Expands on Chapter 5 (The Circle) in the manual, Chapter 5 in *Shoulder the Bill*.

Purpose The Circle is for repeating patterns — the loop you keep returning to. This page maps the sequence so you can spot your earliest exit signal and insert one different choice before momentum takes over.

How to use this page

When: Map a real loop during a calm state. Choose your single replacement step. Small and specific beats ambitious and vague.

Done when: You have mapped the sequence, marked your earliest signal, and chosen one achievable replacement step.

Worked example

The loop: stressed → scroll my phone for an hour → feel worse → stay up late.

Earliest signal: I reach for my phone 'just to check' when I feel restless.

Replacement step: if restless and reaching for the phone, then stand up and refill my water first.

Anchor Phrase: 'Same loop, new choice.'

Protocol: 1. Name the loop. 2. Map the sequence. 3. Earliest signal. 4. Interruption point. 5. One new step.

Loop stage: Name → Narrow → Act

The pattern I keep returning to:

The sequence — what happens first, second, third:

My earliest detectable signal (body, thought, or situation):

My chosen replacement step (one step, specific, achievable):

My If-Then plan (If earliest signal → then replacement step):

☐ Self-Reward Loop completed