

WB 2.5 — Pattern Mapping

Use with Chapter 5 (The Circle) in the manual, Chapter 5 in *Shoulder the Bill*. Photocopy for repeated use.

Purpose This worksheet breaks a repeating loop into its five steps — cue, body, thought, action, reward — so you can see exactly where a different choice fits. Naming the reward the loop provides is what makes change stick.

How to use this page

When: Map a real loop during a calm state. Be specific about the earliest interruption point.

Done when: You have mapped all five steps, named the reward, and chosen one replacement step with an If-Then plan.

Worked example

The loop: bored → restless → 'I deserve a break' → online shopping → brief relief.

The reward it provides: a quick hit of novelty when I feel flat.

Replacement: between restless and shopping, I stand and stretch for two minutes.

Anchor Phrase: 'Same loop, new choice.'

Protocol: 1. Cue. 2. Body. 3. Thought. 4. Behaviour. 5. Reward.

Loop stage: Name → Narrow → Act

The pattern, and its five steps — cue, body response, thought, behaviour, result:

The reward this pattern provides (even when the overall cost is high):

Earliest interruption point, and my replacement step:

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

☐ Self-Reward Loop completed