The Pattern Loop

WORKSHEET · UNDERSTANDING ONE MOMENT, STEP BY STEP

When something happens this week, slow it down. Seeing each link in the chain shows where you could step in next time.

Date _____

Situation _____

1 What happened?

the situation, just the facts

2 What did I make it mean?

about me, others, or what comes next

3 What happened in my body?

sensations, tension, energy

4 What did I feel?

emotions, and how strongly (0–10)

5 What did I want to do?

the urge, before I acted

6 What did I actually do?

what I said or did, or didn't do

7 What did that give me immediately?

relief, control, comfort, distance

8 What did it cost me later?

for me, my relationships, my goals

9 Where could I interrupt the pattern?

choose one small point to try next time

At the meaning *step 2*
Is there another way to read it?

In the body *step 3*
What could help me settle or steady?

Between urge and action *5–6*
What could I do instead?

Next time, I'll try...

the pattern loop

Step 7 is why patterns stick: what we do usually helps in the moment. Step 8 is why they're worth changing.

↻ *left unexamined, the loop tends to repeat* · **step 9 is the way out**

Use it soon after
Details fade quickly; a few words while it's fresh are enough.

Facts before meaning
Keep step 1 to what a camera would record; interpretations go in step 2.

No wrong answers
Every step made sense at the time. The aim is understanding, not blame.

SOURCES

Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press. · Williams, C., & Garland, A. (2002). A cognitive-behavioural therapy assessment model for use in everyday clinical practice. *Advances in Psychiatric Treatment, 8*(3), 172–179. · *Clinician-developed worksheet informed by CBT and chain analysis.*

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