**🧭 NLP Pattern & Systemic Influence Worksheet**

**Title: *Disrupting the Old, Installing the Aligned***

**🔹 Section 1: Identify the Presenting Pattern**

1. **What is the undesired behavior or experience?
*(Be specific: e.g., procrastination, conflict avoidance, overeating)***

Click or tap here to enter text.

1. **When does it happen? What triggers it?
*(Time of day, context, words, emotions, environment, people, etc.)***

Click or tap here to enter text.

1. **What are the steps in the internal strategy?
*(Use VAK and Meta patterns: e.g., K → Vr → Vi → K → Ai → behavior)***

Click or tap here to enter text.

**4. What is the emotional payoff or function?**

* [ ]  **Safety**
* [ ]  **Approval / Connection**
* [ ]  **Avoidance of shame or discomfort**
* [ ]  **Control / Certainty**
* [ ]  **Familiar identity**
* **Other:** Click or tap here to enter text.

***“This behavior protects me from…”*
*“This behavior helps me feel…”***

**🔹 Section 2: Map the Systemic Influences**

1. **Who or what in your life reinforces this pattern?
*(Include people, places, routines, expectations, culture – Person/Factor and how they reinforce or react to the pattern.)***

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1. **If you were to change, how might these people/systems respond?
*(Supportive, threatened, sabotaging, confused, withdrawn, etc.)***

Click or tap here to enter text.

1. **Are there unspoken loyalties or fears tied to staying the same?
*(“If I grow, I might outgrow them.” “If I change, I’ll disappoint them.”)***

Click or tap here to enter text.

**🔹 Section 3: Design the New Pattern**

1. **What is the better alternative pattern?
*(Describe it in sensory terms and emotional tone: What would be happening instead?)***

Click or tap here to enter text.

1. **What belief or identity would support this new pattern?
*“I am someone who…”***

Click or tap here to enter text.

1. **How will this new pattern meet the same needs in a healthier way?
*(Safety, connection, identity, control)***

Click or tap here to enter text.

1. **What new anchors or strategies will support this pattern?
*(Environment changes, scripts, visualizations, reminders, allies)***

Click or tap here to enter text.

1. **What will you do when resistance arises (internally or externally)?
*(Pre-frame, inoculation script, state anchor, inner dialogue pattern)***

Click or tap here to enter text.

**🔹 Section 4: Rehearsal & Integration**

1. **Rehearse the new pattern in imagination:
*(Use visual/kinaesthetic rehearsal or hypnotic scene replay. Write a few lines of what you see/hear/feel.)***

Click or tap here to enter text.

1. **What’s the smallest first action you can take today to install this change?
*(Behavioral experiment, boundary, communication, visual anchor, etc.)***

Click or tap here to enter text.

1. **After a day or two, what will let you know it’s working?
*(What will you notice has shifted inside or around you?)***

Click or tap here to enter text.

**🧘 Affirmation/Installation Phrase:**

**\_"Each time I** Click or tap here to enter text.***, I return to who I’m becoming."***