**🧭 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   *(Supportive, threatened, sabotaging, confused, withdrawn, etc.)***

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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?)***

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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."***