

DAY 5



PATTERN INTERRUPTION PRACTICE GUIDE

PRACTICE GUIDE

**“EVERY TIME YOU CHOOSE A NEW
RESPONSE, YOU ARE BECOMING A NEW
VERSION OF YOURSELF.”**

Fiona Soutter

PART 1

PATTERN INTERRUPTION TECHNIQUE

Welcome to Day 5!

Awareness of our limiting beliefs is powerful, but true transformation happens when we interrupt old patterns and consciously choose new, empowering responses. 🌸

Today, you'll learn how to use your mind's natural neuroplasticity to rewire your thought patterns for greater self-love and confidence.

Belief Detective Exercise

Find a quiet space and your Inner Critic Log from yesterday. Then, explore the deeper beliefs beneath your critical thoughts.

Step-by-Step Instructions:

Step 1: Review the limiting beliefs you identified and choose ONE with the strongest impact on your self-love.

Step 2: Create a "Pattern Interruption Trigger Word."

- *Examples: "CHANGE," "SHIFT," "AWAKEN," or any powerful word that resonates with you.*

Step 3: Practice the Interruption Sequence:

- Close your eyes and bring the limiting belief to mind.
- Notice the sensations in your body (e.g., tension, constriction, heaviness).
- When you feel the belief activated, say your trigger word firmly (aloud or mentally).
- Take a deep breath and feel the pause.
- In this pause, consciously choose a new, **empowering belief**.

PART 2

JOURNAL REFLECTION

Create your replacement thought by asking:

- What would be the opposite of my limiting belief?

- What would someone who deeply loves themselves believe instead?

- What belief would better serve my growth and happiness?

Step 4: Repeat this practice 3–5 times with your chosen belief.

Example:

- Limiting Belief: "I'm not worthy of success."
- Trigger Word: **"CHANGE"**
- Pause and breathe.
- New Empowering Belief: ***"My unique gifts and contributions are valuable and deserving of success."***



CLOSING THOUGHTS

Every interruption, no matter how small, is a powerful act of self-leadership. You are literally rewiring your brain for greater possibility, joy, and freedom.💙

Be patient and gentle with yourself — consistency matters more than perfection.

"In the pause between the old and the new, transformation is born."

Tomorrow, we'll build on this foundation by exploring emotional resilience and how to stay steady when challenges arise. ✨
