

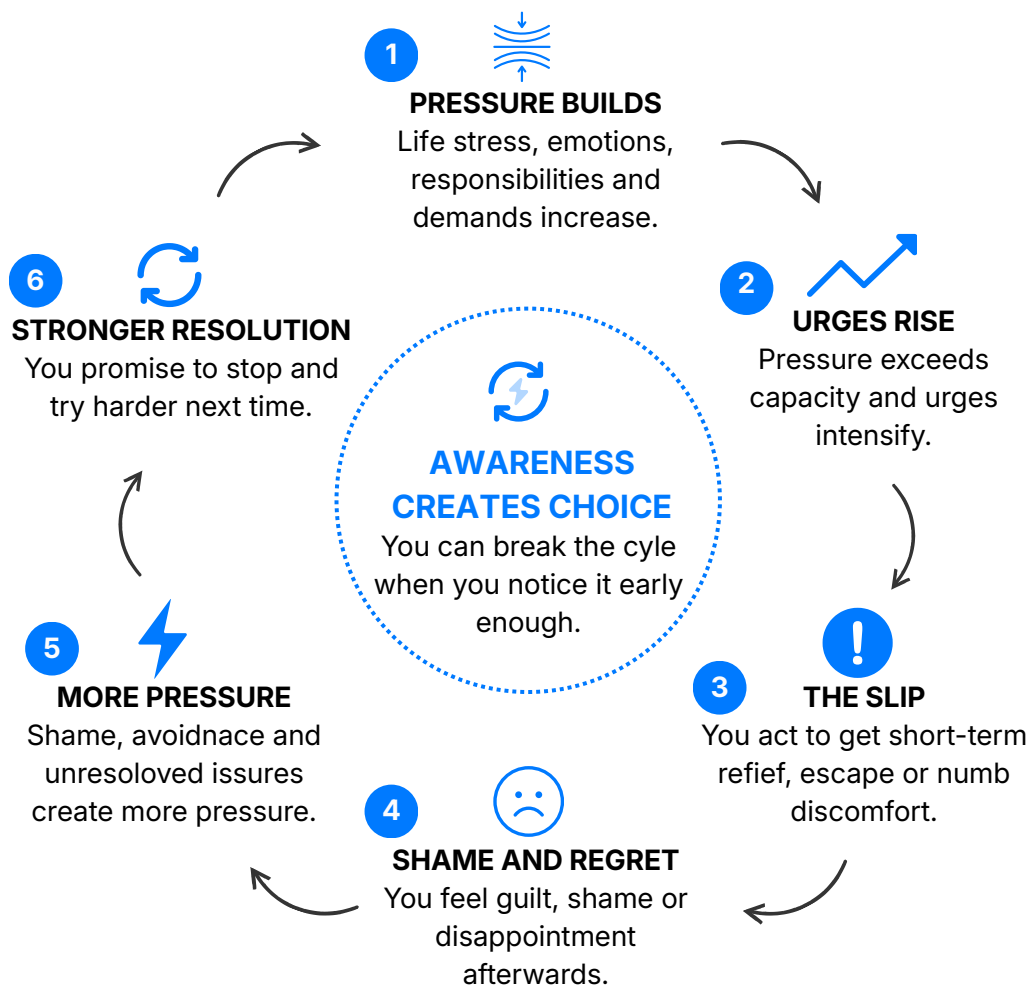
UNDERSTAND THE PATTERN. BREAK THE CYCLE.

Compulsive behaviour doesn't come out of nowhere. It follows a cycle. The more you understand it, the more control you have to change it.



THE BIG IDEA

You don't choose the pressure, but you can learn to interrupt the cycle.



HOW TO INTERRUPT THE CYCLE



NOTICE

Spot early signs of rising pressure.



PAUSE

Create space between urge and action



REACH OUT

Talk to someone you trust.



REGULATE

Move your body. Breathe. Ground yourself.



RESPOND

Choose an action that aligns with your goals and values.



Every interruption is a step forward.

Small choices today create lasting change.



REFLECT

1. Where do you usually enter this cycle?

2. What are your early warning signs?

3. What could help you interrupt the cycle earlier?



APPLY IT

Choose one point in the cycle where you will focus on making a change:

My plan:

I will know it's working when:



KEY TAKEAWAY

You can't always control the pressure, but you can learn to interrupt the cycle.

Awareness + New Choices = A New Outcome