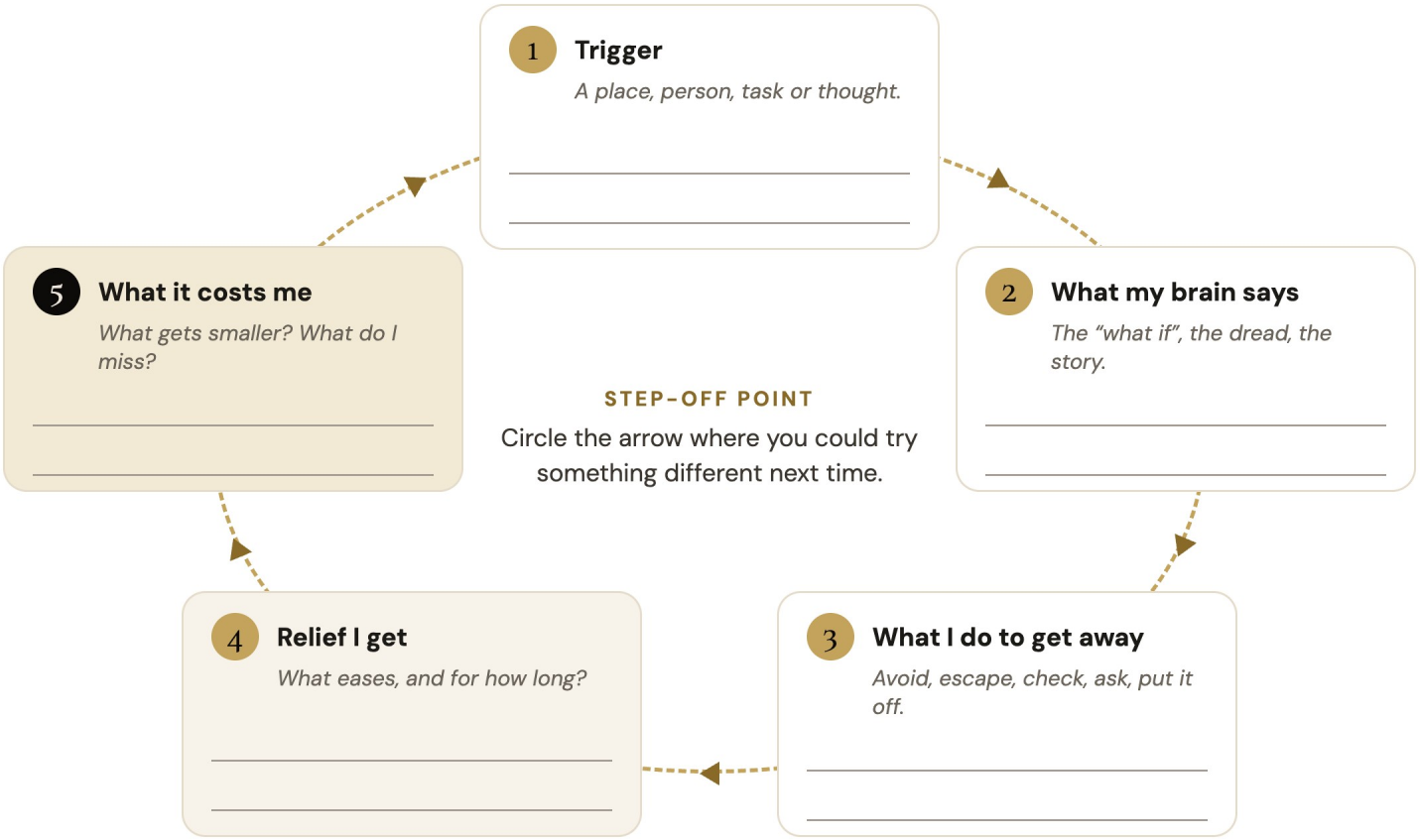
Mapping my *loop.*

Pick one real situation you tend to avoid and walk it round the loop. Not all avoidance is a problem: some protects a real need. This helps you see which kind this is.

MY LOOP

Start at the top and follow the arrows round.



WHICH KIND IS THIS? *Tick what's true for this situation.*

PROTECTIVE *meeting a real need*

- ☐ It meets a real need: senses, energy, safety
- ☐ Afterwards I feel okay, not just relieved

or

THE LOOP *feeding a fear*

- ☐ It's driven by fear or "what if"
- ☐ The relief fades fast and my world shrinks

So this one is mostly: ○ protective ○ the loop ○ a bit of both

TINY STEPS TOWARD IT *If it's the loop, pick a first step small enough to feel doable.*

1. *Smallest step* _____
2. *Next step* _____
3. *A bit braver* _____