

The Echo Pattern Log™

"For when something feels too big to deal with and you're not sure why"

The brain pulls old fear, shame, or hurt into the present when something reminds it of the past. This tool helps you see what's being replayed so you can deal with the moment you're actually in.

Step 1: What happened?

Focusing on the **Present Trigger**: *identifying the specific behavior or reaction that set you off.*

Examples:

- **The Invisible Wound:** I felt dismissed or looked over in a conversation, making me feel as if my presence and my voice didn't matter at all.
- **The Unfair Blame:** I got blamed for something that wasn't mine to own, and the unfairness of the situation felt heavy and completely overwhelming.
- **The Dismissive Silence:** I reached out for support or a connection and got nothing back, which triggered a feeling of isolation that felt much older than the current moment.

My Echo: *(list the concrete behavior, feeling, or reaction you're facing right now.)*

Step 2: What's different this time?

Focusing on the **Disproportionate Scale**: naming the actual feeling that came up and how out of proportion it feels.

Examples:

- **Disproportionate Rage:** I felt a sudden surge of intense anger that was way bigger than the actual situation called for in the moment.
- **The Phantom Panic:** I felt a deep, physical sense of panic and urgency even though there was no real danger or crisis in the room.
- **The Age Regression:** I felt like I was 12 years old again and no one was listening to me, no matter how hard I tried to be heard.

My Echo: *(name the feeling and how big it felt compared to the event.)*

Step 3: Where have I felt this before?

Focusing on the **Historical Origin**: identifying the past moments that are echoing in your current reality.

Examples:

- **The Family Scapegoat**: I used to get blamed whenever things went wrong in my family, even when I had absolutely nothing to do with the problem.
- **The Peacekeeper's Burden**: I was always the one who had to smooth everything over and manage everyone else's moods just to keep the house calm.
- **The Suppressed Need**: I learned very early that having my own needs or expressing a different opinion just made the people around me mad.

My Echo: (describe the past situation this current feeling reminds you of.)

Step 4: One note to future you

Focusing on the **Present Reality**: identifying what would help you respond to this situation, not the old one.

Examples:

The Data Filter: I'll take a second to identify exactly what's real and true right now versus what's just a painful memory from the past.

The Reality Check: Stating out loud one thing that is true about your current life that wasn't true during the original "Echo" (e.g., "I am an adult now, I am safe, and I am not in that house anymore")

The Somatic Check-In: I'll stop to look at where in my body this feeling is the strongest so I can breathe through the physical tension.

My Echo: (write down the concrete move you'll make to stay in the present.)

The Final Move: One Real-Time Connection You can't change the past, but you can change how much of it you bring into today. Before you put this paper away, choose one interaction where you'll respond to the person in front of you, not the echo in your head.

My Test: _____