



PATTERN INTERRUPT

FOR CYCLE BREAKERS



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**Fun rupture and repair practices
to help you break invisible
patterns build more trust and
safety for a resilient relationship
with your child**

THE ECHO RITUAL

What to look for in your child:

They say something you've heard in your own childhood like "I'm bad" or "You don't like me."

How to repattern it:

Pause/Kneel/Say:

"I used to think that too. That means you're feeling something big. But it's not true."

"You are good. Even when you're mad. Even when it's messy."

What it's doing:

This repatterns the inner child's original wound in real-time through your parenting.

THE NOT-MINE MOMENT

What to notice:

You snap or shut down. Then realize... this intensity isn't even about *now*.

Ritual action:

Put your hand over your heart and say silently:

"This isn't mine.

This was how love looked in my house.

But I choose a new way now."

Let your child see you breathe. Come back.

What it's doing:

This breaks the "auto-parent" cycle, showing your child rupture and repair *with presence*.

THE PATTERN SPOTTER

Use this when:

You're about to discipline or respond.

Ask:

"Is this how I wanted to be treated when I was little?"

If not pause and count to 7
(7 seconds is how long it take to tap out of your emotional brain and back into your critical thinking brain.

Ritual action:

Say out loud (even in your head):

"Old pattern: control = safety.

New pattern: connection = safety."

Then choose eye contact over escalation.

Why this works:

It makes the invisible visible and gives your nervous system a small "win."

SENSORY STORY SWAP

When to use:

After a meltdown yours or theirs.

Ritual action:

Ask:

“What did your body feel like when that happened?”

Then share yours: “Mine felt tight like a balloon. I think that means I was scared or overwhelmed.”

Let them see you decode your body, so they learn to decode theirs.

Ancient echo:

This mirrors oral storytelling and body-mapping from Indigenous and African traditions, teaching through lived example, not just rules.

MIRROR TO RECLAIM

Moment to catch:

You see your child do something bold, expressive, or emotional and your instinct is to shush or fix.

Ritual action:

Instead, say out loud:
“That part of you is allowed.
And so is that part of me.”
Even just whisper it.

Why this works:

Reclaims the disowned parts of you and prevents passing down shame around expression.

“WHAT’S NOT YOURS” SELF-SCAN

Ask yourself

“Did I feel this way as a child too?”

“Would I have gotten in trouble for this feeling?”

“Whose voice is in my head right now?”

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