The Proving Pattern Map

You are not choosing a label. You are noticing a pattern.
Find the one that shows up most automatically — not your best day, not your worst moment.

FAWN — the automatic yes

WHAT YOU'RE AVOIDING FEELING
Someone being disappointed in you.

WHERE IT SHOWS UP IN YOUR BODY
Anxiety in the chest, an urgency to fix it, tight jaw.

WHAT TO DO IN THE MOMENT
Exhale all the way out. Feel your feet on the floor. Then buy yourself the pause.

WHERE I SAW THIS THIS WEEK

FLIGHT — never sitting down

WHAT YOU'RE AVOIDING FEELING
Whatever catches up with you when you stop.

WHERE IT SHOWS UP IN YOUR BODY
Restless energy, racing thoughts, shallow breath.

WHAT TO DO IN THE MOMENT
Slow one thing down on purpose. Pause before you send it.

WHERE I SAW THIS THIS WEEK

FIGHT — still having the conversation

WHAT YOU'RE AVOIDING FEELING
Being dismissed, or not taken seriously.

WHERE IT SHOWS UP IN YOUR BODY
Heat, tension, a sharper tone, tight shoulders.

WHAT TO DO IN THE MOMENT
Unclench your jaw. One long exhale. Step back half a step before you answer.

WHERE I SAW THIS THIS WEEK

FREEZE — I'm fine

WHAT YOU'RE AVOIDING FEELING
Feeling too much, too fast.

WHERE IT SHOWS UP IN YOUR BODY
Heaviness, numbness, fog, no energy.

WHAT TO DO IN THE MOMENT
Press your feet into the floor. Wiggle your toes. Three slow breaths you can actually feel.

WHERE I SAW THIS THIS WEEK

THE FOUR WORDS

“Let me come back to you.”

You don't have to say no. You just have to buy yourself the pause.
The pause is where the choice lives.