

Real Change in Real Life

When we understand what's happening beneath the surface, we can respond differently—and create a new way forward.



WHERE THEY STARTED

One client came to coaching struggling with anxious responses and persistent self-deprecating thoughts.



WHAT HAS BEEN MOST HELPFUL

When I asked what has been the most helpful thing since we began coaching, they said:

“If I could say everything, I would. But if you want specifics, I would say the sensory inputs and resets you’ve taught me.”



THE TOOLS THAT MAKE A DIFFERENCE

Along with the sensory resets, they have been practicing my Pattern Interrupt framework:

NOTICE

What am I thinking?

INTERPRET

Be curious about what my brain and body may be trying to protect.

CHOOSE

Decide how I want to respond.



WHAT'S CHANGING

This process is making it possible for them to feel more peace and security and actually be able to move through the challenges of anxiety and self-deprecating thoughts.



A GROWING CAPACITY

This work isn't about never having a difficult thought or response again. It's about building the capacity to understand what is happening, care for yourself in the moment, and choose a different way forward.

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When you give your brain and body new information, you update old predictions and build new patterns that help you stay steady in the midst of life.