

Trigger Loops 2: Why Willpower Fails

Willpower isn't enough. Thoughts and feelings run the loop.



You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete. ...R. Buckminster Fuller

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◆ WHAT YOU NEED TO KNOW ◆

- ◆ Willpower alone usually fails — it's not strong enough to fight an automatic trigger loop by itself.
- ◆ What actually drives your behavior is your **thoughts and feelings** in the moment, not just your intention to "try harder."
- ◆ Changing the loop means changing the thought or feeling that fuels it.
- ◆ Using 'Force' exhausts you – you need to find the 'Flow'.