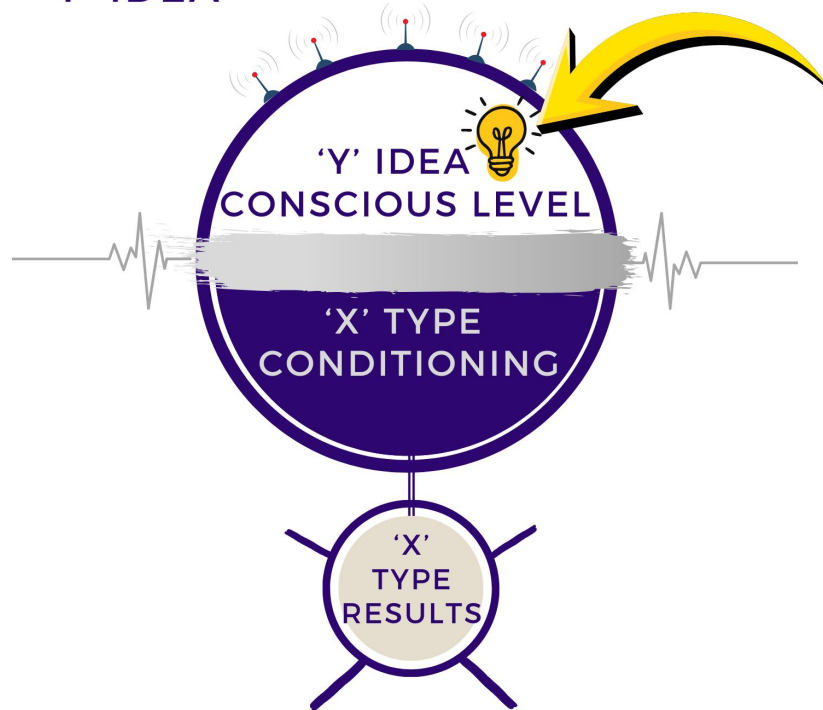


Trigger Loops 3: Find Your Intervention

Interrupt the loop, on purpose, on repeat.

REASON:

'Y' IDEA



**THINKING ABOUT AN IDEA.
NOT INTERNALIZED.
NOTHING CHANGES.**

◆ WHAT YOU NEED TO KNOW ◆

- ◆ Once you know your trigger, you need an **intervention** — a new, deliberate 'if-then' response to put in its place.
- ◆ An intervention only works if you practice it, the same way a new positive habit needs repetition to become automatic.
- ◆ Small, practiced 'if-then' interventions are what actually break an old trigger loop — not willpower alone.