

# Loop Pattern Spotter Cheat Sheet

Breakups don't just leave memories — they leave mental loops that feel true because they're familiar. This cheat sheet helps you recognize those loops before they spiral.

Each one includes:

- A thought you might catch yourself repeating
- A pattern name to help you label it
- A reframe to help shift your mindset
- The exact tool from The 15-Minute Closure Ritual to process it

Use this as a daily check-in, a mid-loop interrupter, or a healing reminder that your thoughts aren't always the truth.

## KEY

Loop Thought – The emotional spiral or mental pattern

Pattern Type – The distortion or mental trap

Interrupting Phrase – A reframe to interrupt the cycle

Tool to Use – The fix or ritual from the course to help shift it

## Loop 1

**Loop Thought:**

What if they're already with someone else?

**Pattern Type:**

Mind-reading + Catastrophizing

**Interrupting Phrase:**

I don't know what's true — but I do know what hurts me to imagine.

**Tool to Use:**

Loop Locator Map + Self-Distanced Reflection

## Loop 2

**Loop Thought:**

I ruined everything.

**Pattern Type:**

Personalization

**Interrupting Phrase:**

The full story is always more than just my part.

**Tool to Use:**

Cognitive Distortion ID + Meaning-Maker Matrix

## Loop 3

**Loop Thought:**

They were the only one who ever really got me.

**Pattern Type:**

Emotional Reasoning + Black-and-White Thinking

**Interrupting Phrase:**

The depth I felt is mine to bring into future connection — it doesn't belong to them.

**Tool to Use:**

Closure-to-Clarity Prompts

## Loop 4

**Loop Thought:**

Maybe if I just say one more thing, they'll finally understand.

**Pattern Type:**

Magical Thinking + Unfinished Business

**Interrupting Phrase:**

Needing them to understand is still needing them.

**Tool to Use:**

Unsent Closure Letter

## Loop 5

**Loop Thought:**

I should be over this by now.

**Pattern Type:**

Shame Loop + Arbitrary Timeline

**Interrupting Phrase:**

Healing isn't measured in time — it's measured in truth.

**Tool to Use:**

Emotional Debrief

## Loop 6

**Loop Thought:**

They'll regret leaving eventually.

**Pattern Type:**

Control Loop + Future Projection

**Interrupting Phrase:**

Their regret doesn't build my life. My choices do.

**Tool to Use:**

Anchor Ritual + Meaning-Maker Matrix

## Loop 7

**Loop Thought:**

They've moved on, and I haven't. That means I lost.

**Pattern Type:**

Comparison Loop + Scarcity Mindset

**Interrupting Phrase:**

Healing is not a race — and I'm not here to 'win' someone who walked away.

**Tool to Use:**

Closure-to-Clarity Prompts + Grounding Ritual

## Loop 8

**Loop Thought:**

I miss them... so maybe we weren't supposed to end.

**Pattern Type:**

Nostalgia Confusion

**Interrupting Phrase:**

Missing something isn't proof that it was right. It's just proof that it mattered.

**Tool to Use:**

Emotional Debrief + Loop Locator

## Loop 9

**Loop Thought:**

They were my person.

**Pattern Type:**

Fixed Identity Loop

**Interrupting Phrase:**

They were my chapter — not my ending.

**Tool to Use:**

Meaning-Maker Matrix + Identity Prompts

## Loop 10

**Loop Thought:**

If they'd just apologized, I could move on.

**Pattern Type:**

Closure Fixation

**Interrupting Phrase:**

Their words can't give me what I haven't given myself.

**Tool to Use:**

Anchor Ritual + Unsent Closure Letter

## Loop 11

**Loop Thought:**

I just want to understand why.

**Pattern Type:**

Obsessive Meaning Loop

**Interrupting Phrase:**

The story I create now matters more than the explanation I'll never get.

**Tool to Use:**

Meaning-Maker Matrix

## Loop 12

**Loop Thought:**

What if they meet someone better?

**Pattern Type:**

Comparison + Fear Projection

**Interrupting Phrase:**

Who they love next has nothing to do with my worth.

**Tool to Use:**

Closure-to-Clarity Prompts + Emotional Debrief

### Loop 13

**Loop Thought:**

They never really loved me, did they?

**Pattern Type:**

Black-and-White Thinking + Self-Doubt

**Interrupting Phrase:**

Even imperfect love can leave real impact. I can honor that — and still let go.

**Tool to Use:**

Loop Locator Map + Emotional Debrief

### Loop 14

**Loop Thought:**

I shouldn't still be triggered by this.

**Pattern Type:**

Emotional Perfectionism

**Interrupting Phrase:**

Being triggered isn't failure. It's an invitation.

**Tool to Use:**

Grounding Ritual + Emotional Debrief

### Loop 15

**Loop Thought:**

They seem so happy without me.

**Pattern Type:**

Highlight Reel Comparison

**Interrupting Phrase:**

Their visible joy doesn't erase my invisible process.

**Tool to Use:**

Anchor Ritual + Self-Distanced Reflection

### Loop 16

**Loop Thought:**

Maybe they were right about me.

**Pattern Type:**

Internalized Criticism

**Interrupting Phrase:**

Their opinion isn't my identity.

**Tool to Use:**

Meaning-Maker Matrix + Identity Statement

## Loop 17

**Loop Thought:**

What if I never feel this kind of connection again?

**Pattern Type:**

Scarcity Belief

**Interrupting Phrase:**

This pain doesn't predict the future — it's just a chapter closing.

**Tool to Use:**

Closure-to-Clarity Prompts

## Loop 18

**Loop Thought:**

If I had just done \_\_\_ differently, we'd still be together.

**Pattern Type:**

Hindsight Guilt Loop

**Interrupting Phrase:**

I made the best choices I could with the clarity I had then.

**Tool to Use:**

Self-Distanced Reflection + Emotional Debrief