

My Automatic Leadership Patterns

Purpose: Make default stress responses visible, so they can be interrupted early.

1) Under pressure, my most common automatic pattern is to:

(choose one or two)

- speed up / rush
- take control
- over-explain
- withdraw / go quiet
- become task-focused
- seek certainty quickly
- avoid difficult conversations
- other: _____

2) This pattern usually feels like:

(e.g. urgency, tension, pressure to act, need to resolve)

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3) The cost of this pattern over time is:

(e.g. strained relationships, fatigue, loss of trust)

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4) One early moment where this pattern *could* be interrupted is:
(e.g. first sign of urgency, before responding, between meetings)

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5) Instead of changing the pattern, I'm willing to practise:

- noticing it sooner
- pausing briefly
- returning to coherence
- choosing one different response

*Patterns don't disappear through effort.
They loosen through interruption.*