NOTICE. UNDERSTAND. CHANGE.

The Loop Map

Map one thing you keep doing, from the thought that starts it to the result it keeps producing. Then test one change for 14 days and look at what actually happened.

01 · NOTICE

Write the moment down plainly.

Pick one moment that repeats. What happened, and what you did. Not why yet. The plain version is what you can actually look at.

02 · UNDERSTAND

Trace it upstream.

Trigger, thought, feeling, action, result. Then ask what you'd have to believe for this to make perfect sense. That belief is usually doing the steering.

03 · CHANGE

Hold one standard.

Choose one response for the next time the trigger shows up. Track it for 14 days. Keep it, adjust it or drop it based on the evidence, not the mood.

ILLUSTRATIVE EXAMPLE

The moment	A colleague asks for help at 4:45 pm. I say yes and stay late, again.
Trigger	Someone asks for something near the end of the day.
Thought	“If I say no, they’ll think I’m not a team player.”
Feeling	Tight in the chest. Obliged.
Action	Say yes straight away without checking my own list.
Result	Tired, behind on my own work, a bit resentful by Thursday.
Belief underneath	“My value at work depends on being available.”
Standard	“When someone asks late in the day, I check my own commitments before I answer.”
Evidence	How many times I checked first, and what happened when I did.

Time: 10 to 15 minutes

You need: a pen and one honest example

Tip: use the words you’d actually say, not the polished version

Why it works this way. How you think moves everything downstream: a thought produces a feeling, the feeling drives an action, the action produces the result. Most people try to change the result. This starts one step earlier.

A reflection worksheet, not therapy, diagnosis or crisis support. If you are in crisis, contact a local emergency or crisis service now. © APEXFORM LIFE PTY LTD · ABN 11 698 784 904 · apexformlife.com

01 · The moment

What happened, and what you did. Plainly.

02 · THE LOOP

Trigger
What set it off?

↓

Thought
In the words you'd actually use

↓

Feeling
Where and how strong?

↓

Action
What did you do?

↓

Result
What did it produce, again?

03 · What would I have to believe for this to make perfect sense?

Is that still true? What evidence do I actually have?

04 · The standard I'll hold next time

Next time _____

I will _____

Keep it to one loop and one standard. Trying to change five things at once makes it impossible to see which one worked.

Check it. Don't just feel it.

Each day, note whether the trigger showed up and whether you held the standard. Partly counts. The point is the record, not a perfect score.

DAY	TRIGGER SHOWED UP?	HELD THE STANDARD?	WHAT HAPPENED INSTEAD
1	Yes · No	Yes · Partly · No	
2	Yes · No	Yes · Partly · No	
3	Yes · No	Yes · Partly · No	
4	Yes · No	Yes · Partly · No	
5	Yes · No	Yes · Partly · No	
6	Yes · No	Yes · Partly · No	
7	Yes · No	Yes · Partly · No	
8	Yes · No	Yes · Partly · No	
9	Yes · No	Yes · Partly · No	
10	Yes · No	Yes · Partly · No	
11	Yes · No	Yes · Partly · No	
12	Yes · No	Yes · Partly · No	
13	Yes · No	Yes · Partly · No	
14	Yes · No	Yes · Partly · No	

DAY 14 REVIEW

What changed in what I did?

What changed in the result?

Keep, adjust or drop the standard?

One loop on paper is a start. Patterns show up across many moments.

Paradigm by ApexForm Life lets you say a moment out loud, offers one possible reading of the loop for you to confirm or adjust, and keeps the history so repeats become visible over weeks. Free to download on iPhone. Some features require Premium.

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