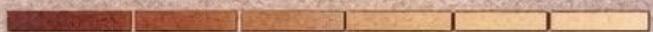# THE ESCALATION PATTERN TRACKER

Patterns predict behavior.

Notice what stress repeatedly does to you.

Under stress, I tend to:

- ☐ Withdraw
- ☐ Over-text / over-explain
- ☐ Catastrophize
- ☐ Overwork
- ☐ Avoid
- ☐ Control
- ☐ Blame
- ☐ Collapse. _____

My escalation speed:

- ☐ Immediate (minutes-hours)
- ☐ Trigger-specific
- ☐ Gradual (1–3 days)
- ☐ Trigger-specific

My typical recovery time:

- ☐ < 24 hours
- ☐ 3–7 days
- ☐ 1–3 days
- ☐ 7+ days

My most common distortion:

_____

Anchor

Prediction reduces chaos.

Awareness creates choice.

The Escalation Pattern Tracker

What repeats under stress?

Notice what stress does to you repeatedly.

Under stress, I tend to:

☐ **Withdraw**

☐ **Over-text / over-explain**

☐ **Catastrophize**

☐ **Overwork**

☐ **Avoid**

☐ **Control**

☐ **Blame**

☐ **Collapse**

My typical escalation speed:

☐ **Immediate**

☐ **Gradual**

☐ **Trigger-specific**

My typical recovery time:

☐ <24 hours

☐ 1–3 days

☐ 3–7 days

☐ >1 week

My most common distortion:

Anchor

Patterns predict behavior.

Prediction creates power.

Life.
Understood.