

THE PATTERN UPGRADE PLAN

Translate insight into structural change.

Prevent repetition through adjustment.



1. What triggered this event?

Root cause (facts only):

2. What vulnerability allowed escalation?

Emotional / Cognitive / Structural:

3. What permanent adjustment prevents repetition?

- | | |
|-----------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Schedule change | <input type="checkbox"/> Decision delay rule |
| <input type="checkbox"/> Information boundary | <input type="checkbox"/> Environmental change |
| <input type="checkbox"/> Relational boundary | <input type="checkbox"/> Communication protocol |
| <input type="checkbox"/> Financial guardrail | <input type="checkbox"/> Self-care requirement |

4. Priority Action

5. Review Date:

Insight without adjustment is nostalgia.

Life.Understood.

The Pattern Upgrade Plan

Translate insight into structural change

1. What triggered this event?

(Facts only.)

2. What vulnerability allowed escalation?

3. What permanent adjustment prevents repetition?

- Schedule change
- Information boundary
- Relational boundary
- Financial guardrail
- Decision delay rule
- Environmental change

4. Implementation Commitment

Action: _____

Start date: _____

Review date: _____

Anchor

Insight without adjustment is nostalgia.