



My Patterns are Running the Show

*A quiet guide to noticing, pausing,
and finding your way back*

Welcome

This isn't a workbook about fixing yourself. It's an invitation to slow down enough to notice what's already happening — and to reconnect with the part of you that can observe it without being completely swept away by it.


Not through effort or willpower. Through small moments of noticing, woven into the life you're already living.

You don't need to have it all together to be here.

Move through this however makes sense. Quickly, slowly, in pieces. Some sections will land. Others won't. Take what's useful. Leave the rest. Trust your own pace.

The practices here are simple by design. They're meant to meet you in real life — not in ideal conditions or perfectly quiet moments. Even brief attention counts. Even subtle noticing matters.

A note: This guide is for reflection and personal practice. It's not a substitute for professional mental health support. If you're navigating something deep, additional support is encouraged.



Everyday 7 is a community for people doing this kind of work — together.

If you're curious, you'll find us at everyday7.com.

You Have the Power to Choose

Most of daily life runs on auto-pilot.

Habitual thoughts, emotional patterns, long-held beliefs – quietly shaping how we respond to situations before we've consciously weighed in. We're not driving. We're along for the ride.

Over time, this leaves us feeling reactive. Disconnected. Like life is happening to us rather than with us.

Are you living your life, or is life living you?

Self-aligned living often unfolds in three simple movements:

Notice: Draw awareness to what's actually happening right now, without judgment or urgency.

Reorient: Gently interrupt the automatic pattern. Bring attention back to what actually matters to you.

Choose: Respond in ways that reflect your values, your needs, your actual capacity. One moment at a time.

Moving out of Survival Mode

When we're caught in cycles of stress or survival, steadiness feels out of reach. That's not a character flaw — it's what happens when a nervous system is working very hard in a world that asks a lot of it.

Well-being looks different for everyone. It isn't something to achieve or perfect. It's something that can be noticed and supported — often in the smallest, most ordinary moments.

At its core, well-being is less about doing more and more about how we're relating to what's happening.



It would be easy to feel calm if life cooperated. In reality, life is often messy, unpredictable, and entirely indifferent to our plans.



As busy humans, we tend to stay focused on managing, fixing, responding — while losing touch with a quieter, steadier place that's still available to us. Even when things are loud.

we are human beings, not human doings

**Yes, you've heard that before.
It doesn't make it less true.**

There is a part of you that can observe what you're thinking, feeling, and doing — without getting swept up in it. This part isn't loud or demanding. It doesn't rush or judge. It simply watches.

In this guide, we call it the True Self. You may already have your own name for it — or none at all. What matters isn't the label. It's the experience of recognizing that you are more than your thoughts, emotions, or current circumstances.

This awareness is always present. Even when it's hard to find. Even when it's completely obscured by stress, fear, or the particular chaos of a Tuesday afternoon. It's revealed when things slow down — not created. It was already there.

Being connected to this part of yourself doesn't mean difficult thoughts disappear. It means you're no longer fused with them. You can notice them, relate to them with some curiosity, and respond with more choice.

How Do I Know I'm on Auto-Pilot



Thoughts feel repetitive or convincing, making it hard to imagine other possibilities



You find yourself looping through familiar beliefs, judgments, or habits without much awareness.



Increased self-criticism, or unusual impatience with others



Your mind keeps rehearsing worst-case scenarios



You hear yourself using words like should, have to, need to, must — a lot

Putting *awareness* back in the driver's seat

Auto-pilot doesn't need to be fought or eliminated. It formed for good reasons — to help you get through life more efficiently. The invitation isn't to destroy it. It's to notice it.

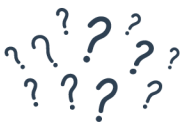
When you can see the pattern, you're already slightly outside it. That space — however small — is where choice lives.

What is my True Self?

The part that observes.



It's the part of you that notices what you're thinking, feeling, and doing – without needing to change it.



This awareness is steady, open, and naturally curious. It stays present with experience rather than getting pulled into stories about the past or future.



You don't need to create this awareness. It's already here, available whenever attention settles into the present moment.

This awareness becomes clearer as you **untangle from your thoughts.**

Caught in a thought loop?

try this: bring attention to the part of you that's noticing the thought.

Simply noticing creates a bit of space:

- Are you replaying a conversation or moment?
- Is your mind circling around something unresolved?
- Are you imagining future scenarios or outcomes?

remember: Thoughts and emotions can be present without being in charge. Awareness doesn't push them away—it gives them room to soften.

Reframing Auto-Pilot Stories

These aren't replacements for difficult thoughts – they're alternative perspectives that become available when awareness is present.

Not toxic positivity. Just more options.

Auto-Pilot Stories of Separateness	True Self Stories of Wholeness
I feel alone	I am whole. I am connected.
I feel confused	I trust my intuition. I can pause and listen.
I don't trust	I am honest. I speak my truth.
I don't feel worthy	I have inherent worth. I accept myself.
I feel powerless	I am capable. I have choice.
I am not enough	I am worthy. I am enough.
I am not safe	I am grounded. I am okay.

Common qualities of awareness

When awareness is present, you may notice some of these qualities. They aren't traits to achieve — they're what experience often feels like when you're no longer caught in auto-pilot.

Present

Attention is anchored in what's happening now, rather than pulled into past memories or future projections.

Conscious

Thoughts and emotions are noticed as they arise, creating space to respond rather than react.

Curious

Experience is met with curiosity instead of judgment, allowing new understanding to emerge.

Instinctive

Decisions feel simpler and more direct, without the usual overthinking.

Compassionate

There's a natural kindness toward yourself and others, especially around difficult or uncomfortable experiences.

Still & Calm

Even when emotions are active, there's often an underlying sense of steadiness and ease.

Simple Practices

Hand Tracking

Draw awareness to your hands. Take a moment to mentally (not physically) feel each finger. Notice any sensations. Your hands are free of human thought – but completely alive. That aliveness is the "being" aspect of well-being. Simply noticing what's happening, as it's happening, without trying to change it.



Box Breathing



Step 1: Breathe in through your nose, slowly count to 4. Feel the air enter.

Step 2: Hold for 4 counts. Try to relax into the stillness.

Step 3: Exhale slowly through your mouth, 4 counts. An audible sigh helps.

Step 4: Hold for 4 counts. Repeat for 6 breaths. Notice how you feel.

Release Writing

The True Self is the best space holder

A helpful way for the unvoiced parts of ourselves to integrate is to be witnessed – by our own True Self. Release writing builds a relationship of trust between the parts that are struggling and the part that can hold them.

If you're navigating deeply difficult emotions, work with a therapist or trusted practitioner before using practices that might surface them.

Before you start:

- Give yourself permission to free-flow write. Let whatever comes, come.
- Don't edit, analyze, or judge what comes out.
- Meet what you find with compassion and curiosity.
- When you're done, you don't have to keep it. Tear it up, delete it, burn it responsibly. The point was the writing, not the artifact.



you'll need:

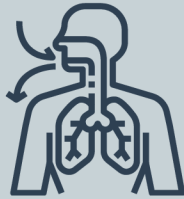
paper
writing utensil
timer
open mind

Finding Mindfulness

Writing Exercises

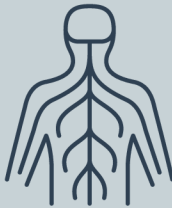
release writing instructions:

Take three slow,
cleansing breaths



In through the nose;
Out through the mouth

Notice thoughts, emotions, or
sensations that arise while you
breathe. Can you name them?
(e.g., fear, tight chest, anger, etc.)



Isolate one. (Kindly ask
the others to wait.)

Find some inner curiosity
Even unpleasant emotions
have something to teach.



Give that emotion a voice
Write for 15 minutes, or
until you feel complete.

Sentence stems if you get stuck:

I feel _____ because _____.

If my _____ could speak, it would say _____.

Emotions, thoughts, & feelings are **PART of you, not ALL of you.**

*You don't have to have it figured
out to start noticing.*

Noticing is the whole practice.

