

Be Your Best 2016

Personal Psychology Seminar by Janice Tuck

Session #2

The power of the Pattern Interrupt

1.

A pattern interrupt is a _____ for changing the way you or someone else is _____ and therefore _____

2.

The key to a pattern interrupt is to do something that is _____

3. Twelve Pattern interrupt ideas for teaching

1. The Good old _____
2. The _____ back
3. _____ up and _____
- 4 The Unexpected _____
5. Tell a _____
6. An unexpected _____
- 7 Famous Song: _____
8. _____ Signals
9. _____ Games
10. A Personal _____
11. Unexpected _____ of good behaviour
12. Something Unexpected in your _____

4. Three ways to use pattern interrupts

- 1) As a _____ strategy
- 2) As a way to change _____ emotional pattern
- 3) As a way to change _____ mental and emotional state.

Your Assignment

Email the answers to these two questions to me personally at janice@funmusicco.com if you wish.

1) Brainstorm a list of at least 10 pattern interrupts that you can use in your own teaching situation with your students.

2) Think of a negative situation that you continually think about:

Step 1 - Describe it clearly in one sentence

Step 2 - Think up your own personal pattern interrupt for it

Step 3 - Answer the following questions:

“What’s great about this that I hadn’t noticed?”

“What’s funny about this that I hadn’t noticed?”

Then **challenge yourself** to perform this pattern interrupt and ask those questions in your head ANY TIME you find yourself focussing on the negative situation at any time.