Break the Loop: Mental Interrupts & Rewiring Phrases

Most people don't realize how deep the programming runs. These thoughts aren't just yours — they're inherited, conditioned, and repeated until they sound like truth. These are the tools to interrupt the spiral and rewrite it. Use them in real-time, out loud, in your head, in the mirror — however you have to. The goal isn't to "stay positive." The goal is to break the damn loop and reclaim your direction.

PART 1: LOOP BREAKERS
- That's not mine. Who does this thought belong to?
- This story ends here.
- I've already survived worse.
- That's an old program. I'm choosing something different now.
- I don't agree with this thought.
- This is not how my story ends.
- Interrupt. Rewire. Restore.
- I'm not going there today.
- Nope. Not true. Not now.
- Stop. Breathe. Reset.

PART 2: REWIRING CUES
- I trust what I'm building, even if I can't see the outcome yet.
- My past is not my identity.
- I'm safe to try again.
- The truth is stronger than the fear.
- Everything I need is already in motion.
- I choose to lead my mind — not follow it.
- I can hold space for discomfort without letting it control me.
- My nervous system is allowed to unlearn chaos.
- I am not here to repeat survival. I'm here to create freedom.

USE THEM WHEN:
- You catch yourself stuck in fear, overthinking, or replaying old pain.
- You hear your inner voice getting cruel, sarcastic, or hopeless.
- You're trying to break habits that keep pulling you into doubt or avoidance.
- You want to consciously reprogram your nervous system.