



Own your greatness – it is already within you

## **5-4-3-2-1 Pattern Interruption Guide**

A simple but powerful tool to break cycles of anxiety, stress, or overthinking by anchoring yourself in the present moment.

### ◆ **How It Works**

When the mind spirals into fear, stress, or “Billy talk,” this method interrupts the loop by shifting awareness into the body and senses. It grounds you in *what is real now*, calming the nervous system and bringing you back into choice.

### ◆ **The 5-4-3-2-1 Steps**

- 1. 5 things you can SEE**  
Look around and name five things in your environment.  
*Example: a chair, a plant, your hands, a book, the light on the wall.*
- 2. 4 things you can FEEL**  
Notice physical sensations.  
*Example: feet on the floor, the chair beneath you, the air on your skin, your heartbeat.*
- 3. 3 things you can HEAR**  
Tune into sounds around you.  
*Example: birds outside, the hum of an appliance, your breath.*
- 4. 2 things you can SMELL**  
Identify scents in the air. If nothing stands out, recall a comforting scent.  
*Example: coffee, grass, soap.*
- 5. 1 thing you can TASTE**  
Notice a taste in your mouth (gum, coffee, toothpaste) or imagine a favorite flavor.



Own your greatness – it is already within you

#### ◆ Why It Works

- **Interrupts mental spirals** by breaking the thought loop.
- **Regulates the nervous system** by activating calm awareness.
- **Builds presence** — reminding you that right now, you are safe and in control.

#### ◆ When to Use It

- During spikes of anxiety or panic
- Negative thought loops or overthinking
- Anger or frustration you can't shake
- At night, when the mind won't settle
- In a tough conversation, to reset your state

#### ◆ Coach's Note

This isn't about escaping emotions — it's about *interrupting the spiral* so you can meet life from stillness and choice. Use this tool anytime you feel hijacked by fear, doubt, or anger.

**One breath. One step. One moment. You're back in the driver's seat.**