



Mistake Cycle Indicators

Your ability to recognize the signals that tell you are caught in a Mistake Cycle is a key resource in your toolbox, and one you will continue to add value to in this engagement. Learning to read the signs of what happens for and to you when you feel pressure begins with identifying the thoughts, sensations and feelings that emerge when you are in your Mistake Cycle. It is here that you build the power to intervene and shift into the present moment.

You're in half an inch of water and you think you are going to drown. John Prine

The Mistake Cycle shows up in our thoughts, sensation, emotion and actions. Your internal dialogue is fertile ground to discover how you are making sense of the situation when you are under pressure. We don't always recognize it because we've lived inside of this dialogue for so long. The following assessment helps you identify the thoughts that you can change. They are broken down into three categories:

Internal Dialogue Said to Myself

Internal Dialogue Directed at Others

Voices From the Past

Rate each item based on how frequently you experience this or a similar thought. The frequency scale is:

- 1 –Never
- 2 –Rarely
- 3 –Occasionally
- 4– Frequently
- 5– Very Frequently

Put a check for the frequency in the appropriate column. Leave it blank if this thought is completely foreign to you. There are blank lines at the end of each section. Add any thoughts you frequently experience that are not on the list.



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	1	2	3	4	5
INTERNAL DIALOGUE SAID TO MYSELF					
This is too much for me					
I don't feel like I matter					
I have to be perfect					
I wish I was more like someone else					
I'm jealous of what others have accomplished					
If I just tried harder, things would be better					
I'm bored with this – not curious at all					
I see much more negative than positive					
I find myself saying "oh shit" in my head					
I second guess myself, even after the decision is made					
I need to be right; I don't like being wrong					
I like to show what I know, to prove myself					
I get embarrassed when I make mistakes in front of other people					
I focus on the goal; the ends sometimes justify the means					
I'm a failure					
I'm stupid					
Nobody likes me					
It's not fair					
I don't dare stand up for myself, or else I will...(be rejected, get in trouble, hurt the other person)					
Nobody can do this better than me					
INTERNAL DIALOGUE DIRECTED AT OTHERS					
It's your fault					
Nothing is good enough – there is no pleasing you					
I'm jealous of you					



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I'll show you/I'll show them					
Stop pressuring me					
You caused this					
You're going to be mad no matter what I do					
INTERNAL DIALOGUE- VOICES FROM YOUR PAST					
You're too lazy to ever succeed					
Successful people must keep pushing, never let down					
You don't have what it takes.					
You're getting too big for your britches					
Who do you think you are?					