

Conversation 6: The First Act of Defiance

Every Pattern Loses Power When It's Interrupted

As you begin Part Two of The Healing Library Summer School, I want you to hold onto a simple idea: **the fact that you understand how you got *here* does not mean you're stuck here.** In fact, understanding how you got here is the very thing that gets you out. You've spent enough time looking backwards, you know your story now, you understand your patterns, you understand your adaptations. With everything you've achieved so far, you can now explain your behaviour, trace it back to childhood, and understand exactly why you react the way you do – but now you need more.

The question is no longer: **how did I get here?**

The question now is: **what am I going to do differently to get out?**

Part One required you to **understand the pattern**, Part Two requires you **to interrupt it**. Understanding your past is essential for change and healing, but understanding wasn't the destination. It was the beginning.

Eventually, every healing journey arrives at the same crossroads. One path is familiar, the other is different. The familiar path is the one you've walked a thousand times before:

- ♥ The people-pleaser says yes.
- ♥ The self-abandoner ignores their needs.
- ♥ The overthinker keeps thinking.
- ♥ The perfectionist keeps striving.

♥ The anxious person retreats.

The familiar path requires nothing new of you; it only demands you to repeat what you already know. That's why familiarity is so powerful - not because it's healthy, but because it feels safe. Most people think they stand still because they're powerless to change but people stay stuck because even when familiar hurts, when it feels exhausting, and when it keeps us trapped it **feels safer than something that's unfamiliar**.

Human beings are remarkably willing to tolerate what's familiar. This means that effective and sustainable healing must begin with small changes, not breakthroughs, not immediate transformations, but with one small, rebellious choice, a single act of defiance against the pattern.

♥ The people-pleaser says: actually, no.

♥ The overthinker says: I have enough information. I'm making a decision.

♥ The self-abandoner says: my needs matter too.

♥ The perfectionist says: this is good enough.

♥ The anxious person says: I'm doing it anyway.

The action itself may seem insignificant but psychologically, something enormous has happened. For the first time, the pattern didn't get the final vote. For the first time, you chose something else. This part of the healing process isn't talked about enough: change doesn't begin with confidence - it begins with the **willingness to do something different** *before* it feels

comfortable, *before* you have permission, and *before* you know you'll be OK with the consequences.

- ♥ The **willingness** to upset the pattern.
- ♥ The **willingness** to challenge what has always been automatic.
- ♥ The **willingness** to risk unfamiliarity.

The truth is that every pattern has expectations:

- ♥ The people-pleasing pattern expects you to keep everyone happy.
- ♥ The self-abandonment pattern expects you to put yourself last.
- ♥ The perfectionist expects flawless performance.
- ♥ The anxious pattern expects avoidance.
- ♥ The self-critical pattern expects self-punishment.

For years, these patterns have been writing the script; healing begins when you stop reading from it. Just once. Then again, and again. Repetition, repetition, repetition!

The first act of defiance is often so small that nobody else notices.

- ♥ You pause before saying yes.
- ♥ You tell the truth.
- ♥ You ask for help.
- ♥ You take a rest.
- ♥ You express an opinion.
- ♥ You set a boundary.

♥ You choose yourself.

And you realise you stay emotionally and physically safe.

The world doesn't stop turning. Lightning doesn't strike. Everything you feared would happen when you interrupted the pattern, doesn't. Instead, something much more important takes place - you gather evidence:

- ♥ evidence that another way is possible
- ♥ evidence that the pattern is not that powerful after all
- ♥ evidence that you're capable of more

And that evidence matters. **Every act of defiance weakens the old pattern and strengthens a new one.**

The pattern says: this is how we've always done things.

Your act of defiance says: not anymore.

How do we get out?

- ♥ One interruption at a time.
- ♥ One different choice at a time.
- ♥ One act of self-respect at a time.
- ♥ One act of courage at a time.
- ♥ One act of defiance at a time.

Everything we do is shaped by repetition. The moment you stop repeating the old pattern, even briefly, you begin creating the possibility of something new.

That is where your new life begins - not with confidence, not with certainty, but with a decision, a small, quiet, but defiant decision:

I will not do what I've always done.

And that decision changes everything.