

The Exercise

The Defiance List

This exercise is designed to help you identify where change is immediately available to you. Not next year, when you feel ready, or have more confidence - but now.

We're going to talk about **The Pattern** versus **The Defiant Alternative**, and we begin by making a list.

Think about the situations where you most often find yourself repeating old behaviours. For example:

The Pattern: I say yes when I want to say no.

The Defiant Alternative: I pause before answering and give myself permission to decline.

The Pattern: I apologise for things that are not my responsibility.

The Defiant Alternative: I take responsibility only for what belongs to me.

The Pattern: I overthink decisions.

The Defiant Alternative: I make the best decision I can with the information I have.

The Pattern: I put everyone else's needs before my own.

The Defiant Alternative: I consider my needs alongside everyone else's.

The Pattern: I criticise myself when I make a mistake.

The Defiant Alternative: I speak to myself with the same kindness I would offer a friend.

Continue until you've identified at least ten patterns and ten alternatives.

The Pattern:

The Defiant Alternative:

The Pattern:

The Defiant Alternative:

The Pattern:

The Defiant Alternative:

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The Defiant Alternative:

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The Defiant Alternative:

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The Defiant Alternative:

The Pattern:

The Defiant Alternative:

When you've finished, read through '**The Defiant Alternatives**'. Notice something important. None of these alternatives require you to become a different person. None require perfection. None require complete transformation. They are simply different responses, different choices, different directions.

Highlight the three alternatives that would have the greatest impact on your life if you practised them consistently. Of those three, choose just one. This is your **Act of Defiance**. How are feeling about that? Nervous? Excited? Try it on, see if it fits, if you like it, you can keep it.

This week, when The Pattern encourages me to:

I will choose this instead (make it bold):

Read it each morning. Read it before difficult conversations.
Read it when the familiar path begins calling you back.

Healing begins with one small act of rebellion, one moment
when you refuse to do what you have always done, one moment
when the pattern says: this is how we've always done things. And
you calmly reply: **not today.**