

CHRONIC OVEREXTENSION LOOP

Name your entry points. Maps the cycle: overcommit, push through, crash, recover just enough to overcommit again. You can't interrupt a cycle you can't see.

01 // WHAT THIS IS

ONE FULL CYCLE, MAPPED IN DETAIL

This worksheet maps one full cycle in detail, so the entry points, the specific moments where the loop could have been interrupted, become visible instead of the whole thing feeling like one continuous blur.

02 // HOW TO USE IT

- 1. Map your last full cycle.** Start to crash to partial recovery to overcommit again: one complete lap, in as much detail as you can recall.
- 2. Mark where it actually started.** The entry point is usually earlier than the moment you noticed things had gone too far.
- 3. Notice the recovery gap.** How much recovery actually happened before you overcommitted again, versus how much would have been needed.
- 4. Pick one exit to try next time.** Not the whole cycle, one specific point where a different move could interrupt it.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Mapping the cycle honestly can bring up self-criticism; the point is tracing the wiring, not building a case against yourself. If the pattern feels tied to a bigger history you haven't looked at, that's worth bringing to a clinician rather than mapping alone.

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DATE MAPPED

CYCLE / TIME PERIOD

1. The Entry Point

[illegible][illegible][illegible][illegible]