

STUCK **LOOP** INTERRUPT

A circuit breaker for the loop you can't exit. For doom-scrolling, re-reading the same email, or any loop you're aware of but can't seem to exit. Interrupt, redirect, done, no analysis required mid-loop.

01 // WHAT THIS IS

INTERRUPTION FIRST, ANALYSIS LATER

This worksheet skips the analysis and goes straight to interruption: a short, pre-decided sequence you can run the moment you catch yourself in a loop, without needing to figure out why you're in it first.

02 // HOW TO USE IT

- 1. Notice the loop.** Doom-scrolling, re-reading the same message, checking the same thing repeatedly, whatever your version is.
- 2. Run the interrupt immediately.** Don't analyze first. A physical break in pattern, standing up, changing rooms, setting the phone down, comes before any thinking.
- 3. Redirect to something pre-chosen.** Have one or two go-to redirects decided in advance, so you're not making a decision mid-loop.
- 4. Skip the guilt lap.** However many times you've run this today, that's how many times you caught it. That's the win.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This is for everyday stuck loops, not a substitute for support around compulsive behavior that feels outside your control. If a loop consistently resists interruption or carries real risk, that's worth raising with a clinician rather than working through alone.

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STUCK LOOP INTERRUPT

DATE / TIME

THE LOOP I NOTICED

01 // INTERRUPT BEFORE ANALYSIS

STAND UP

CHANGE ROOMS

SET THE PHONE DOWN

OTHER

My other interrupt:

PRE-CHOSEN REDIRECT 1

PRE-CHOSEN REDIRECT 2

02 // WHAT I DID THIS TIME

SKIP THE GUILT LAP. CATCHING IT COUNTS.

☐ Caught☐ Caught☐ Caught☐ Caught☐ Caught☐ Caught