

# Loop Interruption Cues

*Use short, regulating phrases when stuck in spirals or shutdown.*

## **When this might help:**

- You're stuck in a spiral or shutdown and need one phrase, not a practice
- Reading anything longer isn't possible

## **The practice:**

- "This is familiar, not current."
- "My system is protecting me."
- "This is a memory echo, not a failure."

Gentle fallback: One phrase, repeated, is enough. You don't have to believe it yet.