



Discover Your Soul Self

Awaken. Reflect. Become Whole.

Old Behaviour vs New Behaviour

A practical worksheet for seeing how one automatic response can reinforce an old pattern - and how one different response can begin creating new evidence.

What this worksheet is for

Use this after a moment where you reacted automatically, nearly reacted automatically, or managed to respond differently. The goal is not to judge yourself. The goal is to slow the pattern down enough to see what your system predicted, what you did, what happened next, and what evidence the outcome gave you.

How to use it

- Start with one recent situation rather than your whole life story.
- Keep the first description factual before adding meaning to it.
- Write down the old behaviour, the consequence, and what that consequence seemed to prove.
- Then map one steadier behaviour you could choose next time.
- Remember: a new path does not need to feel comfortable to be useful.

The two paths

Old path: old behaviour -> familiar consequence -> old evidence -> the old program is reinforced.

New path: new behaviour -> different consequence -> new evidence -> the old program begins to lose some authority.

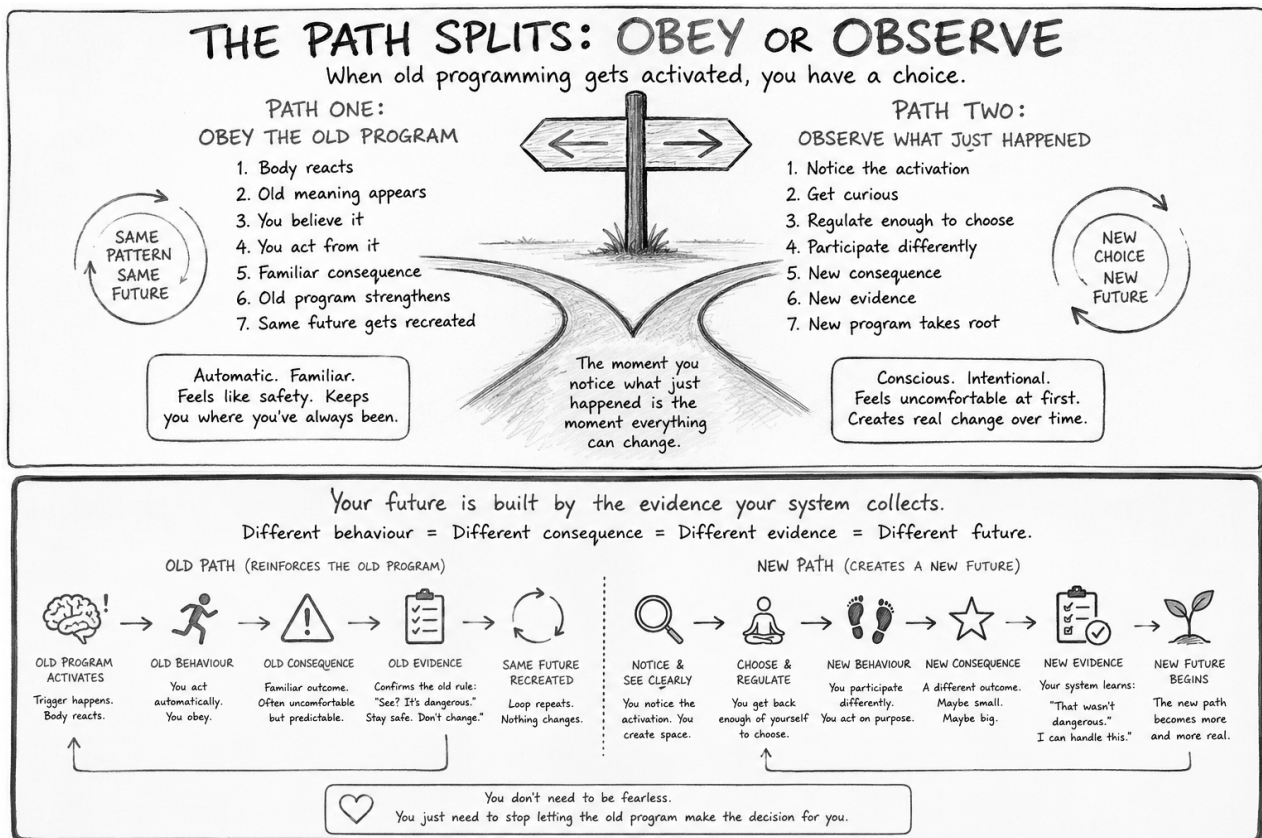


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The Path Splits

This visual shows the fork in the road. The important shift is not that the feeling disappears. The important shift is that you notice what has activated and stop letting the old program make the whole decision for you.



Why this matters

The old path often feels safer because it is familiar. It can bring immediate relief, but it usually recreates the same type of future. The new path can feel awkward or uncomfortable at first, but it gives your system new information. That new information is what begins to loosen the authority of the old rule.



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Examples

Here are two simple examples to show how the same structure works in different parts of life.

Example 1: Visibility

Trigger: You are invited to speak publicly.

Old rule: "If I am visible, people will judge me."

Old behaviour: You decline the invitation.

Old consequence: Your anxiety drops immediately, but you stay unseen.

Old evidence: "Avoiding visibility makes me safe."

New behaviour: You accept while still nervous.

New consequence: You speak, feel uncomfortable, and get through it.

New evidence: "I can be visible and handle the discomfort."

Example 2: Boundaries

Trigger: Someone asks you for something you do not want to do.

Old rule: "If I disappoint people, I will lose connection."

Old behaviour: You say yes and resent it later.

Old consequence: The other person is comfortable, but you override yourself.

Old evidence: "Keeping people happy is how I stay safe."

New behaviour: You say, "I cannot do that this time."

New consequence: They may be fine, or they may be disappointed, and you remain connected to yourself.

New evidence: "Someone can be disappointed and I can still be okay."

A useful reminder

A different consequence does not have to be perfect to be useful. Sometimes the new evidence is simply: "That was uncomfortable, but I stayed with myself and survived it."



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Part 1 - Map the Old Path

Choose one recent moment. Start with what actually happened, then trace the old path without trying to improve the answer. The point is to see the pattern as it really ran.

1. What happened?

Keep this factual. Example: "They did not reply for three hours." Not: "They ignored me."

2. What did my body do first?

Examples: chest tightened, stomach dropped, jaw clenched, breath changed, heat, numbness, urgency.

3. What old rule or prediction came online?

Examples: "I am being rejected." "I have done something wrong." "If I say no, they will be angry."

4. What old behaviour followed?

Examples: chased, over-explained, shut down, apologised, said yes, delayed, avoided, withdrew, attacked.

5. What consequence did that behaviour create?

Look at the real result, not only the immediate relief. What happened next?



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Part 2 - Find the Old Evidence

The consequence matters because it becomes evidence. Sometimes the old behaviour brings immediate relief, which is exactly why the pattern repeats. Relief is not always proof that the response was useful. It may simply show that the system escaped what it was afraid of.

6. What did the consequence seem to prove?

Finish the sentence: "See? This proves that..." Example: "I have to stay quiet." "People cannot handle my boundaries."

7. What did I gain in the short term?

Examples: relief, approval, no conflict, no exposure, no uncertainty, no difficult conversation.

8. What did it cost me in the longer term?

Examples: resentment, invisibility, exhaustion, repeating the same relationship dynamic, lost opportunity, reduced self-trust.

Part 3 - Build the New Path

Now work with the same situation again. You are not looking for the perfect response. Choose one behaviour that is different enough to create new information while still being realistic for you.

9. What could I notice before I automatically obey the old rule?

Examples: "My chest tightened." "I am predicting rejection." "This feels dangerous because it is unfamiliar."

10. What is one new behaviour I could try?

Keep it small and behavioural. Example: send the email, say one honest sentence, hold the boundary, accept the invitation.

11. What new evidence would I want my system to collect?

Examples: "I can survive disagreement." "Visibility is uncomfortable, not automatically dangerous." "I can say no and stay connected."



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Compare the Two Futures

Small behavioural changes matter because repeated choices change the evidence your system has available. The old program may still speak, but it does not have to get the only vote.

OLD PATH	NEW PATH
Old behaviour:	New behaviour:
Consequence:	Different consequence:
Evidence collected:	New evidence collected:
Future this reinforces:	Future this begins to make possible:

One small experiment

What is one situation this week where you can test a new response? Write the situation and the new behaviour you want to try.

Afterward, ask yourself: What actually happened? What did I handle? What did I learn that the old program did not know?

A new future becomes more believable when your system has real experiences to point to.