



## What Path Is My System Running?

A self-mapping worksheet for tracing information -> attention -> prediction -> preparation -> action -> evidence.

**Use this when a reaction feels bigger, faster, or more automatic than you expected.**

The goal is not to judge the reaction. It is to trace the path your system took, identify where old information may have shaped the response, and notice where conscious participation becomes possible.

### The path we are mapping



### Before you begin

- ☐ Choose one specific moment, interaction, trigger, or decision to map.
- ☐ Write what actually happened before writing what you think it meant.
- ☐ Stay curious. You are collecting information, not proving yourself wrong.
- ☐ If the situation was genuinely unsafe, map what helped you respond as well as what lingered afterward.

### THE MOMENT I AM MAPPING

Briefly name the situation. Keep it factual for now.

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*Reflection tool only - not a diagnostic or clinical assessment.*



## Trace the First Half of the Path

Start before the behaviour. What came in, what grabbed your attention, and what did your system expect next?

### 1 Information

What actually happened in the present moment? Separate observable facts from interpretation.

#### WHAT HAPPENED?

What did the person say or do? What changed in the environment? What body sensation appeared first? What is directly observable?

### 2 Attention

Where did your attention go immediately? What became unusually important, loud, or hard to ignore?

#### WHAT CAPTURED ME?

Did you focus on tone, facial expression, silence, rejection, being misunderstood, getting in trouble, losing control, being abandoned, or something else?

### 3 Prediction

What did your system seem to think was about to happen next?

#### WHAT DID I EXPECT?

Finish the sentence: "When that happened, some part of me expected..." Then ask: Is this prediction based mainly on current evidence, old experience, or a mixture of both?

#### QUICK CHECK

☐ Mostly current information

☐ Mostly old information

☐ A mixture of both



## Trace the Second Half of the Path

Now follow the prediction into preparation, behaviour, and the evidence your system took from the outcome.

### 4 Preparation

How did your body and mind get ready for the predicted outcome?

#### HOW DID I PREPARE?

Did you tense, rehearse, scan, speed up, shut down, fawn, get defensive, withdraw, fix, chase, control, over-explain, freeze, or prepare to leave?

### 5 Action

What did you actually do - including things you stopped yourself from doing?

#### WHAT ACTION FOLLOWED?

Write the behaviour plainly. Example: "I sent three messages," "I said yes," "I went quiet," "I left," "I asked for clarification," or "I waited before responding."

### 6 Evidence

What did the outcome teach your system? This is where loops can be reinforced - or updated.

#### WHAT EVIDENCE DID I COLLECT?

What happened next? Did the result confirm the old prediction, partly confirm it, contradict it, or show that you had more capacity than expected?

The evidence I want my system to notice:



## Map the Whole Sequence

Write a few words in each box. Seeing the full path on one page often makes the pattern much easier to recognise next time.

### 1. INFORMATION

What actually happened?

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### 2. ATTENTION

What did my attention lock onto?

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### 3. PREDICTION

What did I expect would happen next?

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### 4. PREPARATION

How did my body/mind get ready?

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### 5. ACTION

What did I do?

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### 6. EVIDENCE

What did the outcome teach my system?

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### WHERE COULD AWARENESS ENTER THIS PATH?

Circle or name the earliest point where you could realistically notice the process next time. The goal is not to catch it at Step 1 immediately. Earlier awareness can develop through repetition.

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## Build Self-Trust From the Evidence

Self-trust grows when your system repeatedly experiences you noticing, choosing, responding, repairing, and standing down when the situation is complete.

### What capacity did I demonstrate?

- |                                                               |                                                                             |
|---------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> I noticed the reaction before acting | <input type="checkbox"/> I paused before responding                         |
| <input type="checkbox"/> I asked for more information         | <input type="checkbox"/> I set or held a boundary                           |
| <input type="checkbox"/> I tolerated uncertainty              | <input type="checkbox"/> I acted when action was actually needed            |
| <input type="checkbox"/> I repaired after reacting            | <input type="checkbox"/> I let the situation finish instead of replaying it |

### One congruent action I can repeat

What small action would show your system, through experience, "I can handle this when it happens"?

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### When real protection is needed



Ask: Did the situation require action? What helped me respond? How did I know it was over? What would "stand down" look like now?

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### KEEP EXPLORING THE FRAMEWORK

Read the full article: The Sovereign Self-Organising System: How Protection, Awareness, and Self-Trust Actually Work.

[discoveryoursoulself.com/sovereign-self-organising-system/](https://discoveryoursoulself.com/sovereign-self-organising-system/)