The Spiral Stopper

Knot Alone

Five questions for the loop that will not switch off. Keep this by the bed — a tool you have to go looking for is a tool you will not use at 2am.

---

1 **What exactly am I replaying?**

One sentence. The scene, not the story around it.

2 **What do I think it proves about me?**

The verdict underneath. Usually something like: I am too much. I do not matter. I will be left.

3 **What is one fact from this month that argues against that verdict?**

Not a pep talk — something that actually happened.

4 **Is there an action, or is there nothing to do tonight?**

If there is: write what, and when. If there is not: write "nothing to do tonight" and mean it.

5 **What would I say to a friend who read me this exact sentence?**

Then read it back to yourself in their voice.

BEFORE YOU PUT THIS DOWN

You are not trying to feel better in the next five minutes. You are closing a file so your brain stops reopening it. If the loop comes back in an hour, that is normal — say the verdict and the one fact again. Repetition is the dose.

Educational use only — not therapy, diagnosis or medical advice.

knotalone.net · free to print, copy and share