



PYT Weekly Training & Support

Lesson #63 Using Pattern Interrupts

by Jim Katsoulis

Alright, welcome to this week's lesson. Now, what I want to talk to you about this week is something called "pattern interrupts." Now, what happens is when you do something a little differently, it gets people's attention; and what we're looking to do here is to change up your behaviors in kind of a fun way.

Now, recognize that you have patterns as far as eating goes, emotional, exercising, and motivation. You have all these different patterns in your life and the idea here which is very fun and powerful is we want to change up your patterns. We want to interrupt your patterns.

That's what I was attempting to do here with the video. It starts off a little differently than it has in the past. Usually, you just see me here and we get going. So, this time, I'm talking but there's nothing going on. So, what it's doing is it's interrupting your patterns. It's waking you up, and we all need to wake up a bit in our lives because we often get into our mindless routines where we lose sight of what we're doing.

So, the idea this week is to become aware of the patterns in your life and to interrupt them. And we look at it this way because it's fun. This isn't about, "let me eat well from now on," although that's what we want to do, ultimately. It's just about having fun with interrupting your patterns because when you change something ... say, you eat oatmeal and toast for breakfast every morning, and, say, you interrupt that and one morning, you eat just fruit for breakfast, well, that's going to have an impact on the rest of your day.

It may be good; it may be bad. But you don't really know until you play around with it and test it. But if you go into this with an idea and an attitude of experimentation and just kind of notice different things you can try that you haven't done before, you may stumble upon something that works really well for you.

Now, I mentioned oatmeal and toast because, I guess, that's what I eat most mornings now. Now, I've tested eating oatmeal and toast for myself against eating eggs and toast; and one of the differences I've noticed is that I get hungry earlier when I just eat the oatmeal and toast, and I just feel full longer when I ate the eggs and toast.

Now, again, that's not good or bad, necessarily, but it's just one more thing that I'm aware of as far as my eating behaviors go. And so, the more you interrupt your behavior, the more you interrupt your habitual patterns, the more self-awareness you gain, the more you start to learn about yourself, the more choices you are given, and the more choices you have.

So, what are some other ways you can do this? Again, it depends on what your routines are. You want to look at a typical day, a typical week, and see what a typical routine is, and just change it. Just see what happens.

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You can change the type of foods you eat for lunch. You could go to a different place. You could order a different drink. You could go to the grocery store and try something different. It doesn't matter. It's just about doing something different because, as humans, we like to fall into routines. Once we learn something that works, we don't think about it anymore; we just follow it.

So, your life is hundreds and thousands of behaviors that you follow; and they're tiny up to big ones; and we have all these routines that we're just following. And so, when we start to recognize them and we start to shift them and have fun with it, just to change it up because, again, sometimes, the weird thing is that as you change up little behaviors and little routines, it's going to have kind of a ripple effect; and it's almost impossible to tell what that ripple effect is ultimately going to be.

So, I'll give you an example and go back to the breakfast a moment ago. When I first began eating oatmeal instead of eggs, I noticed I get hungrier at lunch, and what was happening was, at lunchtime, I started eating a lot more food; and so, I said, "Oh, no! That's no good." I went back to the eggs.

And then, I switched back again and I said, "Alright, I know I get hungrier at lunch. Let me make a better lunch decision. Let me play with that routine now." Now, it's much more in control and it's right where I want it to be.

But the idea is that you're going to gain more understanding of how you operate as a person. Trust me on this. It's something you have to experience. You're not going to get anything out of it just listening to this. You, literally, need to change up your behavioral patterns.

Go to bed earlier. Go to bed later. Wake up earlier. Wake up later. It doesn't matter. There's no right or wrong. That's what makes this kind of fun. It's not about "you have to stick to a set of behaviors and a set of guidelines." It's really just about recognizing the patterns that you have in your life and you're switching them up.

Now, it doesn't just have to be about eating or exercising, by the way. There are other patterns that you can change in your life that (you're going to notice) affect your eating and your exercising.

I noticed how much I use the computer and what time I use the computer till. If I stay in the computer ... I have something I call "computer time" because it seems like my computer time goes by very quickly; and I can stay up very late on the computer because it seems to take very little brain power. And it's the same thing with TV. You just kind of get stuck there and the next thing you know, it can be twelve, one, or two in the morning.

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If that becomes a pattern, that can be a very harmful pattern because it affects you. You go to bed later and you wake up more tired. When you're tired, you make poor choices. So, again, there's a ripple effect of our behaviors that can have good or bad impacts.

And so, the more behaviors you kind of shift around and switch up and look at in this way, the more options, choices and control you're, ultimately, going to take over your behaviors.

So, that's the goal this week. It's to switch up your patterns. Shift up your behaviors. Notice what you do everyday, every week, and just do something a little differently. It can be drastically different or it can just be a little bit different.

Maybe you go to the same restaurant every Friday night. You can still go there but just order something different. Do something differently.

The other beauty of this is that it creates new neural pathways. It gives us a sense of freeing ourselves, a sense of kind of an optimism and openness. These things are real, I promise you. And when you do it, you'll see what I'm talking about.

That's the goal this week. You may want to write a little note for yourself and put it up somewhere because there's a good chance that you'll forget about this if you don't because, again, as humans, we just kind of fall into our patterns and our mindless routines.

So, the idea this week is to break and interrupt your patterns. Do anything differently and notice what happens, notice how it feels. It's a fun experiment and it's a very, very powerful one.

So, do that, and I'll talk to you next week.

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