



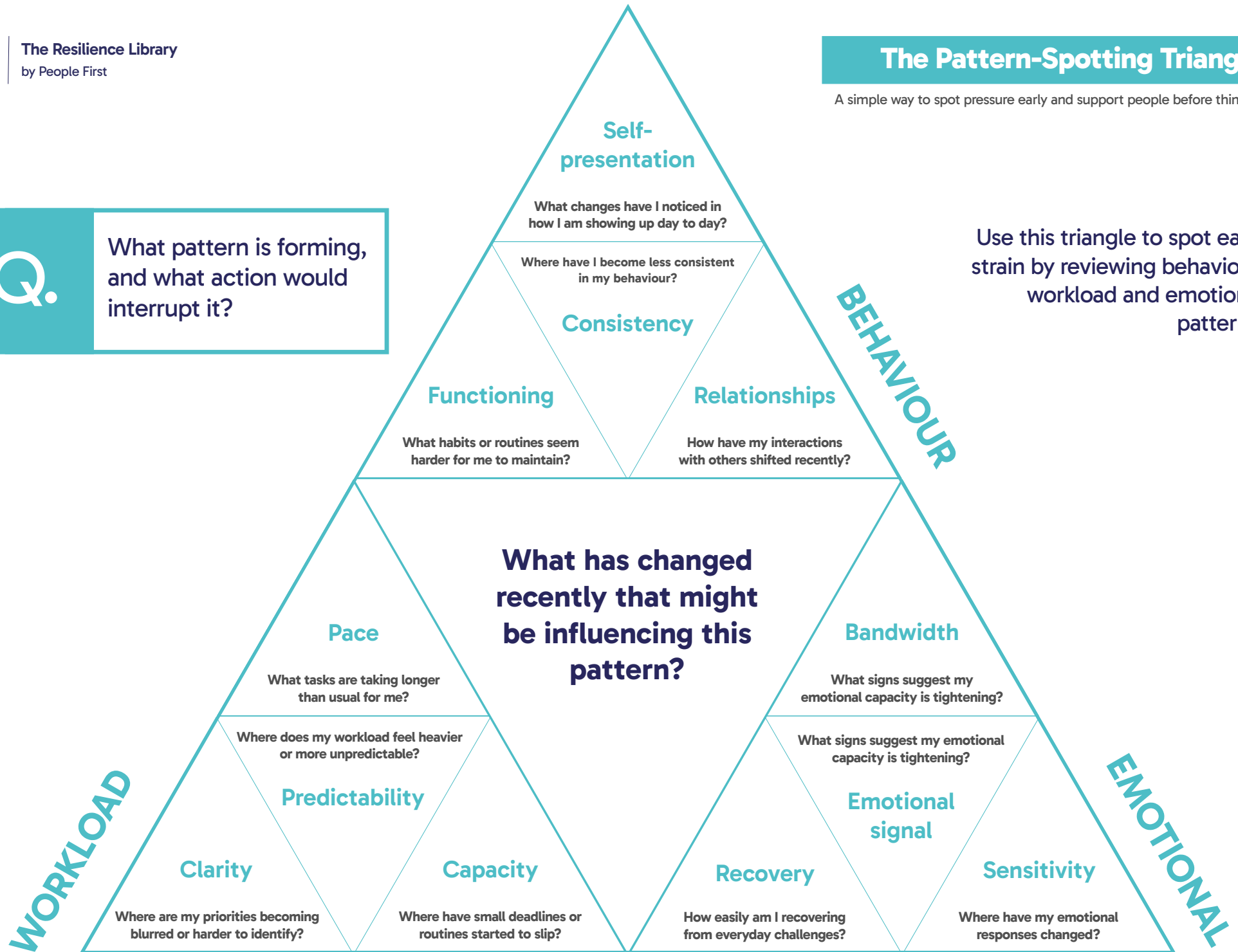
The Pattern-Spotting Triangle

A simple way to spot pressure early and support people before things escalate.

Use this triangle to spot early strain by reviewing behaviour, workload and emotional patterns.

Q.

What pattern is forming, and what action would interrupt it?





THE PATTERN-SPOTTING TRIANGLE

Background, purpose and everyday usage guide (personal use)

What This Tool Is

The Pattern-Spotting Triangle helps you notice early signs of pressure in your behaviour, workload and emotional responses. It helps you act early rather than react later.

Why This Tool Helps

Because pressure follows a pattern

Strain rarely appears suddenly. It shows up first in small, repeated changes in behaviour, workload and emotional responses.

Because early noticing prevents escalation

By the time things feel overwhelming, patterns have often been forming for some time. This tool brings awareness forward.

Because it focuses on what you can actually notice

No analysing feelings. No overthinking. No judgement. Just observable shifts in your own experience.

Because it centres capacity, not fault

It helps you understand what is happening without blame or self-criticism.

Because it creates clarity, not complexity

The triangle keeps reflection simple, quick and grounded in real moments.

Because noticing patterns restores choice

Seeing what repeats helps you act with clarity rather than reacting later.

Who This Tool Is For

This is a personal reflection tool, not a wellbeing worksheet or a performance tool.

Anyone working in a busy school environment who wants to understand patterns in their own capacity, reactions and workload.



When to Use This Tool

Use when you notice:

- Small behaviour shifts
- Repeated inconsistencies
- Strain in pace or workload
- Foggy thinking or slipping routines
- Emotional changes
- Feeling more withdrawn or overwhelmed
- Pressure building in your week
- **Two or more signs across domains appearing at once**

Ideal moments:

- At the end of a busy day
- When something feels “off”
- When work feels heavier than usual
- When you notice yourself reacting differently
- At the first sign of pressure building

How to Use the Triangle

1 Choose a recent situation or pattern you want to reflect on

2 Work through the three sides of the triangle

Behaviour Patterns | Workload Patterns | Emotional Patterns
Identify any changes using the prompt questions on each side.

3 Look for a pattern

A single signal is normal. | Two signals indicate emerging strain.
Three signals across domains = a clear, actionable pattern.

4 Check for context

Ask yourself: **“What has changed recently that might be influencing this pattern?”**
This helps you understand causes without assumptions.

5 Decide a small interrupting action

Ask: **“What small action would reduce pressure or restore balance here?”**
The action might be: adjust workload | clarify expectations (for yourself) | tighten routines | reduce unpredictability | making a micro-change | protect capacity

6 Prevent escalation.

Use the three-word signature: **Notice. Act. Prevent.**