

Trait Cycle Breaker

A Corresponsive Principle Self-Coaching Worksheet

Your traits pull you into certain environments. Those environments then make the same traits stronger. Fill in the fields below on screen, or print this page and write by hand.

STEP 1 - MAP YOUR CURRENT CYCLE

Fill in one real, current example from your own life.

1. Trait I already have	
2. Environment this trait pulled me toward	
3. How this environment reinforces the trait daily	
4. How the trait has grown stronger since then	

STEP 2 - SPOT THE FOUR PROCESSES

Tick every process you recognise from Step 1.

Process	Yes
Attraction - I was drawn to this environment on my own	☐
Selection - This environment specifically picked people like me	☐
Manipulation - I reshaped this environment to fit me better	☐
Attrition - I left or avoided environments that clashed with me	☐

STEP 3 - DESIGN A NEW CYCLE ON PURPOSE

Pick one trait you actually want to build. Then plan the environment that will reinforce it.

Trait I want to build	
New environment that demands this trait	
One small step I can take this week	
How I will know the trait is growing	

30-DAY CHECK-IN TRACKER

Tick a box each week you actively practised the new trait.

Week 1	☐
Week 2	☐
Week 3	☐
Week 4	☐

Remember: a new trait rarely appears from wanting alone. The corresponsive principle in personality development works because the environment does the daily reinforcing for you. Choose the environment first, and let the trait catch up.