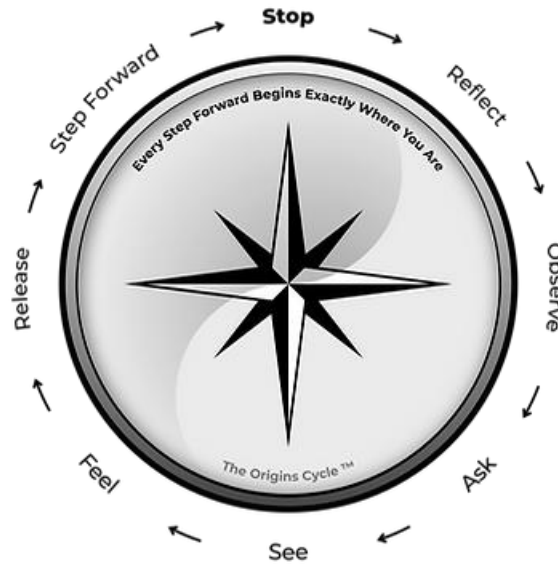


The Origins Cycle®

A simple introduction to the Cycle



The Origins Cycle® is a self-led framework that raises our awareness of how we experience our lives, helping us to navigate what comes next with greater trust in ourselves.

You can use it as a simple way to pause, notice and explore what is happening within you.

It isn't a checklist or a fixed route. You may move through the stages more than once, spend longer in one stage than another, or find that simply stopping is what you need.

The Cycle is:

STOP - *Pause before you react.*

REFLECT - *What is going on around me right now?*

OBSERVE - *What do I notice when I step back?*

ASK - *What stories or beliefs might be influencing what I think or feel?*

SEE - *What am I beginning to recognise?*

FEEL - *What am I actually feeling?*

RELEASE - *What can I let go of from this?*

STEP FORWARD - *What feels like my next step?*

Using the Cycle

Use the Cycle with any decision, situation, thought or feeling you want to explore. Move through the stages slowly, returning to any stage as something new becomes clearer. There is no right or wrong way to use it. If one stage feels difficult, that's okay. Simply notice that too.

The aim is to **pause, notice and explore**.

Begin with:

What is happening for me right now?