THE SHRINQ FRAMEWORK

The Four Moves.

Every unhelpful mental pattern, from rumination to doomscrolling to avoidance, can be worked with the same four moves. Print this card. Keep it where the pattern usually finds you.

1

Pattern

Name what is happening while it is happening. Not "I am a mess" but "this is the rumination loop." A named pattern is a smaller pattern.

2

Pause

Put one breath of space between the trigger and your next action. You are not trying to feel calm. You are trying to interrupt autopilot for a few seconds.

3

Reframe

Ask one honest question: what else could be true here? You are not forcing positivity. You are loosening the grip of the first story your mind told you.

4

Act

Take the smallest useful action that points somewhere better. Two minutes counts. Action closes the loop that thinking alone keeps open.

IN THE MOMENT, SAY IT LIKE THIS

"That is the pattern. One breath. What else could be true? What is the smallest thing I can do right now?"

The moves are simple on purpose. The skill is not knowing them, it is running them while the pattern is live. That takes practice, and practice is the whole point.

BEFORE YOU USE THIS

This resource is provided by shrinQ (shrinq.com), part of The Shrink Network, for educational purposes only. It is not medical, psychological, or legal advice, it is not therapy, and it does not create a doctor-patient relationship. It is a general self-reflection tool and may not fit your situation or your jurisdiction. If you adapt it for professional, clinical, or organizational use, it is your responsibility to review the laws and regulations that apply where you live or practice and to create your own compliant materials. If you are struggling, talk with a licensed clinician. If you are in crisis or thinking about harming yourself, call or text 988 (in the United States) or contact your local emergency services.