

## Break the Loop: A Personal Discovery and Taste Expansion Tracker

### Part 1: Awareness Check — Am I in the Loop?

1. 1. What is the last piece of media (song, movie, show, book) that deeply moved me?
  - When was it?
  - Why did it impact me?
2. 2. How many of my recent media choices (past 2 weeks) fall into the same:
  - Genre:
  - Platform:
  - Emotional tone:
3. 3. Am I currently consuming to:
  - Relax and unwind
  - Feel something new
  - Escape
  - Learn
  - Avoid discomfort

(Circle all that apply)
4. 4. On a scale of 1–5, how often do I try completely unfamiliar media?

### Part 2: Pattern Interruption Prompts

5. 1. A genre or format I usually avoid but am willing to explore:
6. 2. An artist, creator, or director I've never heard of but will sample this week:
7. 3. A platform I rarely use to find music, books, or shows:
8. 4. One piece of content I found challenging or confusing — and stayed with anyway:

### Part 3: The Curiosity Compass

Emotional Goal	Format to Explore	Platform/Source	Experience Rating (1–5)
Awe			
Tension			
Joy			
Ambiguity			
Wonder			

### Part 4: Reflection — After One Week

9. 1. What felt uncomfortable or hard to finish?
10. 2. What surprised me?
11. 3. Did anything spark a new curiosity?
12. 4. Did I miss my usual content? Why?
13. 5. Would I recommend any of this to a friend? Why or why not?

Part 5: Loop Awareness Tracker (Monthly)

Week	Did I try something unfamiliar? (Y/N)	Format	Notes / Emotional Reaction

## Break the Loop

A reflective worksheet designed to help you recognize consumption habits, embrace discomfort, and rebuild your taste through intentional curiosity.

Inspired by Section 6 of “Why We Crave More of the Same” by [Your Name]

Use weekly or monthly. Best when done with complete honesty.