

A 2026 INTERACTIVE WORKBOOK

THE CHOICE SIGNAL

A visual workbook for rewriting the next chapter

DOLLARA MOHAMED

COMPLIMENTARY SAMPLE

Pattern Weather

Chapter 3 from The Choice Signal

A pattern is not your personality. It is a route your attention and behavior may take under certain conditions. This chapter helps you notice the weather around a pattern, run one small experiment, and record what actually changes.

CHAPTER 03

Pattern Weather

Map the conditions that make a pattern louder, softer, or easier to interrupt.

CHAPTER SIGNAL

Patterns are often predictable before they are permanent.

NOTICE / DECODE / TEST / CHOOSE / PROVE

Start with the live signal.

3-SECOND SIGNAL CHECK

What changed just before this pattern became louder?

A pattern is not a personality verdict. It is a route your attention has learned to take under certain conditions. Urgency, loneliness, conflict, sleep, money pressure, praise, fear, and the room you are in can all change what feels possible. Instead of asking why you keep failing, this chapter asks what weather was present. When you can name the forecast, you can choose a small shelter before the next five minutes decide for you.

01 What usually happens in the hour before this pattern begins?

What usually happens in the hour before this pattern begins?

02 Which conditions make the pattern louder: urgency, emotion, confusion, access, pressure, or isolation?

Which conditions make the pattern louder: urgency, emotion, confusion, access, pressure, or isolation?

03 What is the smallest interruption that could change the next five minutes?

What is the smallest interruption that could change the next five minutes?

LOW BATTERY: answer one question with one word, then turn the page.

03 / TOOL

Pattern Weather Map

Map one recurring moment across four conditions: pressure, temperature, visibility, and wind.

PRESSURE

How urgent does the moment feel?

How urgent does the moment feel?

TEMPERATURE

What emotion is most present?

What emotion is most present?

VISIBILITY

How clear is the next safe choice?

How clear is the next safe choice?

WIND

What outside force is pushing the pattern?

What outside force is pushing the pattern?

03 / TOOL

Forecast and Shelter Plan

Turn the earliest warning sign into one small interruption you can actually use.

EARLY SIGN

FIVE-MINUTE SHELTER

WHAT I WILL NOTICE

Body / mood signal

One low-effort pause, move, place, or person

What changed in five minutes?

Situation or trigger

One low-effort pause, move, place, or person

What changed in five minutes?

Thought or urge

One low-effort pause, move, place, or person

What changed in five minutes?

FORECAST SENTENCE

When I notice..., I will... for five minutes.

03 / TEST

Run a five-minute interruption

Change one condition, not your whole character. The goal is one observable difference, even if the pattern still appears.

SAFE, SMALL, AND REVERSIBLE

1

Choose a familiar pattern that is safe to observe.



2

Name the earliest sign and choose one five-minute shelter.



3

After the pause, record what changed in the weather.

MY EXPERIMENT

What I will try

SAFETY CHECK

What keeps this low-risk, reversible, and small?

LOW BATTERY: Name only the first warning sign and one five-minute shelter.

03 / REHEARSE

Practice the forecast

A forecast is not a prediction of failure. It is a cue to make one small shelter available before the pattern takes over the next five minutes.

WHEN I NOTICE THE EARLY SIGN...

When I notice the early sign...

I WILL TAKE THIS FIVE-MINUTE SHELTER...

I will take this five-minute shelter...

SMALLEST SAFE PLACE TO PRACTICE

Name a low-risk setting, or write not yet

Record observations, not a verdict.

One result cannot prove that a choice is universally right or caused everything that happened. Record the context, notice what changed, and decide whether you need to repeat, adjust, pause, or gather more information.

PRESSURE

LOW

☐

1

☐

2

☐

3

☐

4

☐

5

HIGH

1 - 5

EMOTION

LOW

☐

1

☐

2

☐

3

☐

4

☐

5

HIGH

1 - 5

CLARITY

LOW

☐

1

☐

2

☐

3

☐

4

☐

5

HIGH

1 - 5

CHOICE SPACE

LOW

☐

1

☐

2

☐

3

☐

4

☐

5

HIGH

1 - 5

CONTEXT THAT MAY HAVE AFFECTED THIS TEST

Sleep, stress, money pressure, conflict, health, time, support, or another factor

ONE THING THAT BECAME CLEARER

Write an observation, not a conclusion about yourself

03 / CHOOSE

Choose the next iteration.

Use the result to decide what comes next. A clear result can be repeated. A noisy result can be redesigned. A conflicting result can be held with care while you gather more information.

☐ **REPEAT**

the interruption gave me more choice space.

☐ **ADJUST**

the shelter was too big, too late, or unavailable.

☐ **ADD SUPPORT**

I need a person, place, or reminder in the plan.

☐ **PAUSE**

this pattern needs care beyond a workbook exercise.

FOR THE NEXT FORECAST, I WILL:

Write the smallest next move that fits the observation

If this exercise felt unsafe or destabilizing, stop and choose appropriate support instead of pushing through.

CLOSE WITH ONE TRUE LINE

A pattern is a route your attention knows. You can learn another route by practicing one turn.

CHOICE SIGNAL PASSPORT**SIGNAL**

What can I recognize sooner? _____

EXPERIMENT

What small test did I run? _____

OBSERVATION

What became clearer? _____

RETURN DATE

7 days, 30 days, or a date

A return is enough. Observation, not perfection.

THE SIGNAL CONTINUES

Do not stop at insight. Run the next experiment.

The complete 88-page workbook guides you through inherited scripts, performed roles, reversible choice experiments, future prototypes, supportive conditions, and a repeatable Choice Signal Passport.

GET THE COMPLETE CHOICE SIGNAL

the-choice-signal.dollaramohamed.chatgpt.site

Paperback and premium fillable editions