

RECODE THE PATTERN

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George Harb
BREAK BARRIERS
UNLOCK CONFIDENCE & CLARITY

The Hidden Patterns Behind
Overthinking, Self-Doubt and
Constantly Holding It Together



A practical **10-minute** self-assessment for high-performing men to identify the conditioned patterns behind how they think, feel and respond — and take the first step toward greater calm, confidence and internal freedom.



George Harb

Dual Elite Neuroencoding
Specialist
EmpowerU Coaching



SUCCESSFUL ON PAPER. EXHAUSTED UNDERNEATH.

You can be successful, capable and respected — and still feel like you're constantly **holding yourself together**.

01

Maybe your **mind** rarely switches off.

02

You **overthink** decisions that should be simple.

03

You **question** yourself privately.

04

You **hesitate** when part of you knows exactly what you want to do.

And you might **look confident** to everyone around you while privately wondering:

“Why do I still feel like this when so much of my life is going well?”

Here's something important I've learned through my own experience and through working with men:

Sometimes what feels like “**this is just who I am**” is actually a **pattern** you've practised for so long that it's **become automatic**.

AND PATTERNS CAN CHANGE.

That's what this guide will help you begin to recognise.

Over the next 10 minutes, you'll:

- 1 **Identify** some of the patterns that may be operating underneath your success.
- 2 **Discover** which ones are showing up most strongly for you.
- 3 **Understand** how your thoughts, emotions and behaviours can reinforce each other.
- 4 **Apply** a simple process to one real pattern in your life.
- 5 **Identify** how you'd rather think, feel and respond.

Don't overthink your answers.
Be honest. This is for you.

HOW OFTEN IS THE PATTERN RUNNING?

SCORING

Never/Rarely	= 0
Sometimes	= 1
Often	= 2
Almost Always	= 3



Think about your experience over the past
30 days.



For each statement, select the response that **most honestly**
reflects your experience.



Don't answer based on how you think you should feel.
Answer based on what's **actually been happening**.

Never/
Rarely Sometimes Often Almost
always

1. Even when work is finished,
I find it difficult to mentally switch off.

☐ ☐ ☐ ☐

2. I overthink decisions or situations
because I'm worried about getting
them wrong.

☐ ☐ ☐ ☐

3. I question myself privately, even
when other people see me as capable
and confident.

☐ ☐ ☐ ☐

4. Fear of getting something wrong or
being judged sometimes causes me to
hesitate or hold back.

☐ ☐ ☐ ☐

5. I put pressure on myself to stay
composed and look like I have
everything under control.

☐ ☐ ☐ ☐

HOW OFTEN IS THE PATTERN RUNNING?

SCORING

Never/Rarely	= 0
Sometimes	= 1
Often	= 2
Almost Always	= 3

Never/
Rarely Sometimes Often Almost
always

6. I replay conversations or situations afterwards and wonder whether I handled them the right way.

☐☐☐☐

7. I'm physically present with the people I care about, but my mind is often somewhere else.

☐☐☐☐

8. When I feel uncertain or under pressure, my instinct is to work harder, prepare more or try to control the outcome.

☐☐☐☐

9. I feel exhausted from constantly trying to stay on top of everything and hold it all together.

☐☐☐☐

10. Despite what I've achieved, I don't always feel as calm, confident or secure inside as people might assume.

☐☐☐☐

ADD YOUR 10 SCORES

Add the number from each of your response above

MY PATTERN SCORE:

____ / 30

WHAT DOES YOUR **PATTERN SCORE** TELL YOU?

Your score isn't a judgement.
It's simply a way to help you notice how frequently some
of these patterns may be showing up.



0-7

THE PATTERN IS OCCASIONAL

Some of these patterns may show up from time to time, particularly when pressure increases.

Your overall score is relatively low, but don't ignore individual statements where you scored 2 or 3. These may reveal specific situations where overthinking, pressure, hesitation or self-doubt becomes stronger.



ASK YOURSELF:

Which response shows up most strongly when I'm under pressure?

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8-15

THE PATTERN IS BECOMING FAMILIAR

Several of these patterns are showing up often enough to deserve your attention.

You may still be functioning and performing well externally, while spending more internal energy than other people realise managing pressure, thoughts or uncertainty.

The question isn't whether you can keep pushing through.

You probably can.

The better question is:



ASK YOURSELF:

What is it costing me to operate this way?



16-23

THE PATTERN IS BECOMING YOUR DEFAULT

Several of these responses are showing up regularly enough that they may have started to feel normal.

Overthinking. Second-guessing. Hesitation. Staying composed. Working harder. Trying to control the outcome.

You may still be achieving externally, but maintaining that success could be requiring far more internal effort than it needs to.

These patterns don't define you.

They may simply have become familiar.

And what has been conditioned can be changed.



ASK YOURSELF:

Who could I become if pressure was no longer my default?



24-30

THE PATTERN IS RUNNING THE SHOW

Many of these patterns are showing up very frequently.

You may have become so used to overthinking, self-doubt, pressure, or constantly holding yourself together that it simply feels like:

“This is who I am.”

But consider another possibility:

What if this isn't who you are?

What if it's how you've learned to operate?

Your external success doesn't cancel out what you're experiencing internally.

In fact, being capable of continuing to perform can sometimes make these patterns easier to ignore.

Your score isn't a judgement.

It's an opportunity to recognise what may have become automatic — and decide whether you want it to stay that way.



ASK YOURSELF:

If nothing changes, what could operating this way cost me over the next 12 months?



IMPORTANT

This assessment is a self-reflection tool, not a clinical or psychological diagnostic assessment. Your score isn't a judgement or diagnosis. Its purpose is simply to help you recognise patterns that may deserve greater attention.

YOUR SCORE IS **ONLY PART OF THE STORY**



YOUR TOTAL ISN'T THE WHOLE STORY

Go back to your assessment.

Circle the three statements where you scored highest.

Your total score gives you one perspective.

But your highest individual scores may tell you something even more useful:

Where is the pattern showing up most strongly in your life?



MY THREE STRONGEST PATTERNS

1 _____

2 _____

3 _____



Now choose just **ONE**.



THE **ONE** PATTERN I MOST WANT TO
CHANGE IS:

THIS IS ABOUT AWARENESS
NOT JUDGEMENT

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WHY DOES THE SAME PATTERN KEEP REPEATING?

Here's a simple way of looking at it:

THINK

What am I repeatedly telling myself?



FEEL

What emotion or internal state does that create?



DO

What do I do — or avoid doing — when I feel that way?



HAVE

What result does that behaviour keep creating?

AND THE RESULT CAN REINFORCE THE ORIGINAL THOUGHT.



That's how a loop can continue.



Your brain becomes very good at repeating what it has practised.



Even when the pattern isn't helping you anymore, familiar can feel automatic.



**AWARENESS CREATES CHOICE.
CHOICE CREATES CHANGE.**

THE 3-MINUTE RECODE

NOTE: Keep your answers brief. If you need more space, continue on a separate page or in your phone notes.

Interrupt the Pattern

A simple four-step exercise to recognise an automatic response, interrupt the familiar pattern, and choose how you want to show up instead.

You've identified the ONE pattern you most want to change. Now let's do something with it.

Think of a recent moment when that pattern showed up. Don't choose the biggest issue in your life.

Choose a real, recent situation you can clearly remember.

Got one? Let's go.

STEP 1 - Recognise

WHAT ACTUALLY HAPPENED?

The situation:

WHAT WAS I TELLING MYSELF IN THAT MOMENT?

WHAT DID I FEEL?

THE 3-MINUTE **RECODE**

STEP 1 - Recognise

WHAT DID I DO — OR AVOID
DOING — BECAUSE I FELT THAT
WAY?

WHAT DID THAT RESPONSE
ULTIMATELY CREATE FOR ME?



**STOP HERE
FOR A SECOND**

Look at what you just wrote.

THINK → FEEL → DO → HAVE

Can you see the loop?

What felt automatic in the moment may actually be a response you've repeated enough times that it has **become familiar**.

INTERRUPT, **REHEARSE** AND ACT



Step 2

INTERRUPT THE DEFAULT

Read the thought you wrote on the previous page.

Now ask yourself: **Is this thought helping me respond at my best — or is it simply familiar?**

Then ask: What am I afraid might happen here?

Now go deeper:

If I didn't have to prove myself, protect myself or get this perfectly right, what could I believe instead?

Instead, I choose to believe:

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INTERRUPT, **REHEARSE** AND ACT



Step 3

REHEARSE A DIFFERENT RESPONSE

Close your eyes for a moment.

Bring the same situation back to mind.

But this time, imagine yourself entering it calm, grounded and trusting yourself.

See yourself standing differently.

Notice how you breathe.

Hear how you speak.

Notice what you're no longer doing.

You're not trying to become somebody else.
You're rehearsing a different response.

If I genuinely trusted myself in this moment, how would I show up differently?

What would I do next?

INTERRUPT, REHEARSE AND ACT



Step 4

LOCK IT INTO ACTION

Insight without action can easily become another thought.
So choose ONE small action you will take within the next 24 hours.

It might mean:

Making the decision.	Putting the work down.
Stopping the checking.	Stopping the mental rehearsal of what could go wrong.
Having the conversation.	Asking for what you need.
Saying what you actually think.	Taking the action you've been avoiding.

MY ACTION:

WHEN WILL I DO IT?

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THE REALISATION

WHAT DID YOU JUST NOTICE?

A few minutes ago, that situation may have simply felt like something you overthought, worried about, avoided or reacted to.

Now you've started separating you from the pattern.

You recognised what you were thinking.

You saw how it influenced what you felt and did.

You interrupted the familiar response.

You consciously rehearsed another way of showing up.

And you chose an action.

That's a small shift.

But it raises a much bigger question:



WHAT COULD CHANGE IF YOUR BEST RESPONSE BECAME YOUR NATURAL RESPONSE, INSTEAD OF SOMETHING YOU HAD TO CONSCIOUSLY FORCE?

Take a moment with that.

If I felt more **calm, confident, present and internally free**, what would become possible in my life?

THE REALISATION

INTERRUPTING THE PATTERN IS THE BEGINNING.

RECODING IT GOES DEEPER.

A three-minute exercise can help you create awareness and interrupt a familiar response.

But if you've been overthinking, doubting yourself, hesitating or holding everything together for years, you may already know something important:

Knowing what you should do isn't always enough to change what you automatically do under pressure.

That's where deeper work begins.

Through my 4-step **Recode. Rise. Reclaim. Neuroencoding process**, I work with high-performing men on the conditioned patterns behind how they think, feel and respond.

The goal isn't to remove your ambition or change what makes you successful.

It's to help you move away from needing pressure, overthinking or self-doubt to drive you.

So you can move toward:

Overthinking ➤ Clearer thinking

Self-doubt ➤ Greater self-trust

Hesitation ➤ Confident action

Constantly holding yourself together ➤ Calm presence

Automatic reactions ➤ Intentional responses

Performing confidence ➤ Feeling genuinely confident

External success + internal exhaustion ➤ External success + internal freedom

YOU'VE SEEN THE PATTERN.

NOW DECIDE WHAT YOU WANT TO DO
WITH IT.



If this guide has helped you recognise something you've been carrying for months — or even years — that's an important first step.

But awareness is only the beginning.

HI, I'M GEORGE.

I'm George Harb, a Dual Elite Neuroencoding Specialist and Peak Performance Coach.

I work with high-performing men in their 30s and 40s who look successful on paper, but internally feel exhausted from overthinking, self-doubt, hesitation and constantly holding themselves together.

I've experienced many of these patterns myself.

I know what it's like to look confident externally while internally carrying pressure, questioning yourself and struggling to switch off.

And I've also experienced what can happen when you learn to work on the programming behind those responses.

That's why today I help men do the same.

Using my **4-step Recode. Rise. Reclaim. Neuroencoding process**, we work on the conditioned patterns behind how they think, feel and respond — helping them move toward **greater calm, confidence, presence and internal freedom.**

WHAT WOULD YOU CHANGE FIRST?

If this exercise helped you recognise something you'd like to change, let's have a conversation about it.

I offer a complimentary **Clarity Call** for high-performing men who want to understand what's happening beneath the surface and explore what moving forward could look like.

DURING THE CALL, WE'LL EXPLORE:



WHERE YOU ARE NOW

What's happening and what keeps you there.



WHAT MAY BE KEEPING YOU THERE

The patterns influencing how you think, feel and respond.



WHERE YOU WANT TO BE

How you want to feel, perform and show up instead.



YOUR NEXT STEP

What moving forward could look like for you.



**BOOK MY FREE
CLARITY CALL**



30-45 minutes | Online via Zoom

You don't need to know whether coaching is right for you before booking.

The purpose of the conversation is to get clear first.

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