THE PATTERN PAYOFF

Discover What Your *Worst Habits* Are Secretly Doing for You— and Meet the *Need* Beneath the Behavior



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The Pattern Payoff

by **Corlan Westmere**

BOOK DESCRIPTION

What if your worst habits are giving you something you don't know how to get any other way?

You know procrastination is costing you opportunities. You know overthinking is keeping you stuck. You know people-pleasing leaves you exhausted, and that trying to control everything often creates the very tension you're trying to avoid.

So why do these patterns keep coming back?

In The Pattern Payoff, Corlan Westmere explores a powerful possibility: some of your most frustrating behaviors persist because they offer an immediate reward—even when they create lasting problems.

Procrastination may offer temporary relief from judgment. People-pleasing may protect you from disapproval. Overthinking may create a sense of certainty. Anger may briefly restore a feeling of control.

But understanding the payoff doesn't mean excusing the

behavior. It means discovering what actually needs to change.

Inside this book, you'll discover how to:

• Recognize the hidden rewards that may keep unwanted habits alive

• Understand why willpower alone often fails to create lasting change

• Identify the emotional needs beneath procrastination, avoidance, and overthinking

• Break free from people-pleasing without abandoning kindness

• Recognize when control, anger, or perfectionism becomes a form of protection

• Replace short-term emotional relief with healthier, more sustainable responses

• Apply the practical Payoff Exchange Method to everyday situations

• Follow a structured 14-day protocol to begin changing recurring patterns

Rather than treating every setback as a failure of discipline,

this book helps you investigate what your behavior is doing for you—and whether there's a better way to meet the need beneath it.

You don't have to hate your habits to understand them. And you don't have to keep repeating them to meet your needs.

Discover the payoff. Change the response. Build a different pattern.

Editorial note: This book includes AI-generated text reviewed by Corlan Westmere.

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