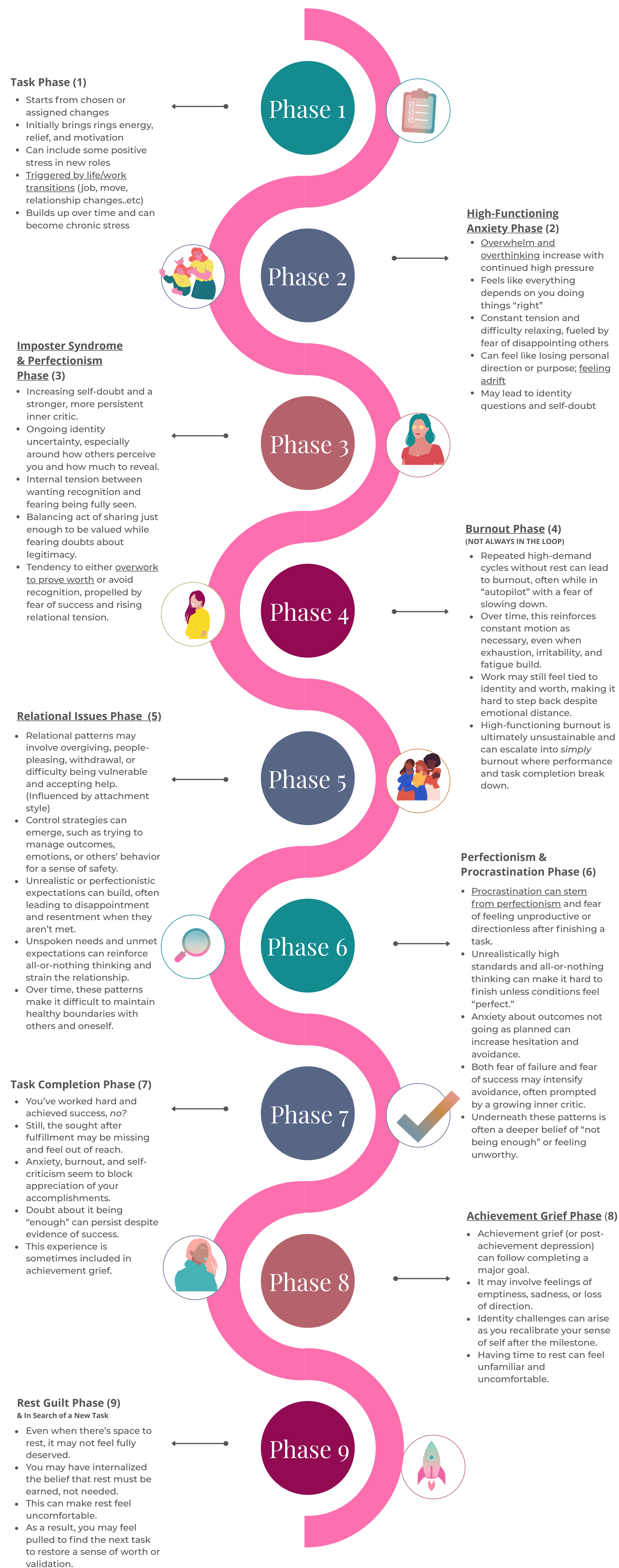


# The High-Functioning High-Achiever Loop

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These patterns tend to unfold in phases, where underlying issues remain present but vary in prominence over time. Each phase carries into the next until the pattern completes and eventually resets, often repeating in a similar form.



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## The High-Functioning High-Achiever Loop.

A phase-based pattern in which underlying issues persist, shift in prominence, and progress through recurring sequences that reset over time.

Introduced by Amority Health in 2026.

This phase-loop is a practice-informed framework developed from patterns I've observed in my clinical work and principles from Cognitive Behavioral Therapy (CBT). It is not a formal empirically validated model, but rather a conceptual tool intended to support reflection, insight, and discussion.

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For more on CBT, see resources from the [American Psychological Association](#).