

Understanding My Patterns

Before You Begin

Have you ever noticed yourself reacting in a familiar way, even when you promised yourself you would do something different? Patterns can show up in relationships, decisions, and the stories we tell ourselves about what might happen.

A familiar response may once have helped us feel safe, avoid disappointment, or gain acceptance. That does not mean it still serves us today. Understanding a pattern is not the same as blaming ourselves for having it.

This week, pay attention to what happens just before a reaction: the feeling, the assumption, the fear, or the hope. Curiosity can create a little space between what we experience and what we choose next.

Try this: when something familiar happens, write down what you felt, what you expected, and one other response that might be possible.

A pattern is a response repeated often enough to feel automatic. It may affect how we handle conflict, seek reassurance, or interpret silence. Repetition alone does not make it unhealthy; the question is whether the response still serves us.

Some reactions began as understandable ways of coping with earlier experiences. We can honor why we learned them while deciding whether to keep them. Notice the moment before a familiar response: what happened, what did you assume, and what were you afraid of losing? Change may begin with a single pause or a clearer request.

A gentle guide for the days ahead

Read the patterns questions slowly. Choose honesty over perfect answers. You do not need to write everything or change your life in a week. Notice what repeats, what supports you, and what you need. Return to any page when you feel ready.

With love, one small step is enough to begin.

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Familiar feelings

Monday

When has familiar feelings shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore familiar feelings with more understanding?

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Automatic reactions

Tuesday

When has automatic reactions shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore automatic reactions with more understanding?

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My assumptions

Wednesday

When has my assumptions shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore my assumptions with more understanding?

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Hope versus reality

Thursday

When has hope versus reality shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore hope versus reality with more understanding?

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Avoidance

Friday

When has avoidance shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore avoidance with more understanding?

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A different choice

Saturday

When has a different choice shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore a different choice with more understanding?

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Noticing change

Sunday

When has noticing change shown up in my life recently, and what did I feel?

What made that experience meaningful, and what did I come to believe about myself?

What need or fear might have been underneath my response?

What small step could help me explore noticing change with more understanding?
