



PATTERNS WORKSHEET

Have you ever thought, "Why does this keep happening to me?"

☐ NO ☐ YES

Do you keep finding yourself in the same relationship with different people?

☐ NO ☐ YES

Do you keep transitioning from one job to the next in hopes that it will be better, but it isn't?

☐ NO ☐ YES

Examining our patterns helps bring our awareness to the root of the problem.

Once we are aware, we can begin to work through the real issues that plague our lives.

The repeating situations, experiences, and cycles in our lives are there to reveal the areas that need our attention. *These are patterns that keep showing up because they need more attention – they need to be transformed. They are there to bring our attention to how we are engaging with ourselves. They are a call to look within and bring our attention to a deeper layer that needs to be healed.*

Reflect on your personal relationships. Are there any specific patterns that keep showing up? *(These patterns can be found in relationships, diets, jobs, etc.) Write them out here:*

Think about the role you play in each of these experiences. How you engage in a situation/pattern is the only thing that you have control over. Think about the ways you are continuing/enforcing the pattern.

Write what actions you can be accountable for here:

Now, take a few moments to re-read the answers you wrote down in the previous sections. Examine these answers and see if you can identify any triggers to the patterns in your life. *For example, when I feel sad, I like to make myself feel better with unhealthy food. The pattern is that instead of dealing with my emotions, I cover how I'm feeling up with food. I can be accountable for my choice of not dealing with how I feel and making the choice to mask my emotions with food. The trigger for this pattern is sadness. Write down your trigger(s) here:*

Now that you are aware of some of the patterns that you would like to heal in your life, how can you begin to shift out of your patterns? List 3 action steps/behavior changes that you can commit to today:

1.

2.

3.
