

The Pattern Detective

SLOW DOWN · NOTICE · UNDERSTAND · CHOOSE DIFFERENTLY

This exercise can help you spot recurring patterns in your thoughts, feelings, behaviours and relationships. Greater awareness can create more choice and help you respond in ways that are more aligned with your needs and values.

1

NOTICE THE MOMENT

What happened? Where were you, who was there, and what was going on?

2

WHAT WENT THROUGH MY MIND?

What thoughts, images or assumptions showed up?

3

WHAT DID I FEEL?

What emotions did you notice? What did you notice in your body?

4

WHAT DID I DO NEXT?

What did you do, avoid, say, or not say?

5

LOOK FOR THE PATTERN

Try to map out the sequence. What links can you see? Does this feel familiar?

