

Past-to-Present Pattern Exploration

1. Parent or Surrogate's problem behaviour or way of being:

2. Name it as a pattern:

3. To whom did he or she do this? (Himself, herself, other parent, you, one of your siblings, others)

4. What was this like for you, as a child, for your parent or surrogate to be this way? What did you feel?

5. How does this show up for you now? (How do you act it out? Who have you set up or attracted to do this to you? What are you doing now in rebellion?)

6. To whom do you do this? (Yourself, partner, colleagues, siblings, friends, others)

7. What are the consequences? What damage is it causing in you and in your life?

8. Name all the patterns you see as a result of this:
