

Present-to-Past Pattern Exploration

1. As you reflect on the current challenges and issues you are facing in all areas of your life, identify a present way of being that is a problem for you:

2. Name it as a pattern:

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

4. Where did you witness this way of being or behaviour in your childhood? Did a parent do it? Did a parent allow it in a sibling? Did a parent do it to themselves, you, or someone else?

5. Or, did you learn this in REACTION/REBELLION to a parent? If so, what did they do that created this behaviour in you?

6. What was it like for you, as a child, for your parent to be that way? What did you feel?

7. Name the ways you are acting out this in your life today. Do you do this to yourself? To others? Do you set it up for others to do it to you?

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

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