



Tracing the Pattern Workbook 2025

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Introduction

The goal of this workbook is to provide educational information on identifying patterns of behaviour of your relationships- in a professional and personal capacity- that produce negative outcomes for you

The workbook is designed to guide the user through a series of notes and worksheets that will develop improved insight so that they can make more informed choices about their current and future situations.

If you want to get better outcomes in your life, and have more fulfilling, healthy and rewarding relationships with others, investing time to work through the workbook will be worthwhile for you.

This workbook has been developed by NICRO at the request of our beneficiaries. It is being made available to the general public as part of our crime and violence prevention service. Individuals and organisations may make use of this document for non-profit and educational purposes.

How To Use The Workbook Effectively

Objective: To explain the most effective way to use this workbook, so that you can get the most positive results from this process.

- This workbook is not meant to be read passively.
- It is a **tool for self-examination and behavioural change**—and like any tool, it only works if you use it honestly, consistently, and with effort.
- Below are clear principles and guidelines for making this process effective and transformative.

Treat This as a Mirror, Not a Megaphone

- This is about you—not your parents, partner, boss, or friends.
- If you find yourself thinking, *“This reminds me of someone else,”* pause and refocus.
- This workbook is a mirror, not a tool to justify your views about other people.
- If you find yourself thinking of others the majority of the time, you need to reflect on what that could mean for you.
- Ask constantly What does this reveal about me?

Be Brutally Honest

- The only way to shift lifelong patterns is to confront them without defensiveness.
- You may uncover thoughts, behaviours, and habits you’re not proud of.
- That’s part of the process.
- Don’t sugar-coat.
- Don’t minimise.
- Don’t explain it away.

- Don't get defensive- yes this is not an easy process but to achieve an outcome you have never had before, you need to try something you haven't tried before.
- If you're not uncomfortable at times, you're not going deep enough.
- Remember: this is not to assign blame. It is to identify areas where you may still need to heal or spaces in which you need to take your own power back.

Complete the Worksheets—Don't Just Read

- The written exercises are not optional.
- If you struggle with writing- voicenote yourself or find another way to answer. Do not skip over any of the exercises.
- Insight without action is useless.
- The worksheets are designed to
 - Uncover hidden patterns
 - Force clarity through structure
 - Translate awareness into behavioural change
- Even if you think you already know the answers, write them down anyway.
- Writing externalises your thoughts and holds you accountable.

Go Slow—But Keep Going

- Don't rush through the sections.
- This isn't a race.
- Patterns that took decades to form won't unravel in a week.
- Spend time with each section until the insights feel real, not surface-level.

RECOMMENDATION FOR USING THIS WORKBOOK

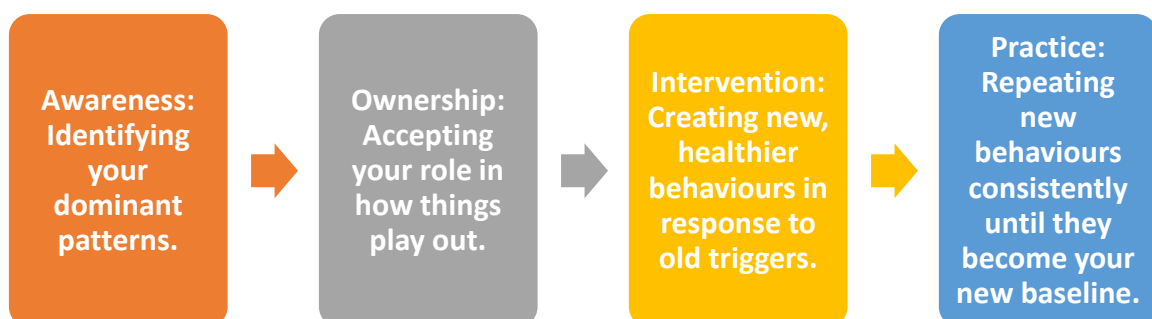
- **Complete at least 1 section per week**
 - **Reflect daily** using provided prompts or your own observations
 - **Revisit** completed sections as your self-awareness deepens
- **Expect Resistance**
 - You will likely feel
 - Defensive
 - Ashamed
 - Dismissive
 - Angry
 - Tired
 - This is your ego fighting to stay in control.
 - Don't stop there.
 - That discomfort is a sign that you're hitting something important.
 - Keep going.
- **Don't Do This in Isolation (If Possible)**
 - If safe and appropriate, share key reflections with a therapist, coach, or emotionally mature person in your life.

- An outside perspective can help spot blind spots and reinforce your accountability.
- However, be selective. Do not share vulnerable insights with people who are dismissive, toxic, or reactive.
- **Track Progress and Revisit Challenges**
 - Use the 30-Day Challenge section to monitor your implementation.
 - Change isn't about breakthroughs—it's about small, repeated efforts that eventually become new defaults.
 - Revisit worksheets monthly to see how your answers evolve.
 - Patterns become more obvious once you've created distance from them.
- **Drop Perfection—Pursue Integrity**
 - You won't do this workbook "perfectly."
 - That's not the goal.
 - You'll miss things.
 - You'll backslide.
 - You'll make excuses.
- But if you're honest and committed to doing better each time, that's enough.
- Practice makes progress, not perfection.
- Progress is the ultimate goal
- Integrity, not performance.

CHECKLIST HOW TO USE THIS WORKBOOK EFFECTIVELY

- ☐ Focus only on your own patterns and behaviour
- ☐ Write all worksheet answers by hand or digitally—**no skipping**
- ☐ Pace yourself one section at a time, not a sprint
- ☐ Sit with discomfort—don't avoid it
- ☐ Share insights (when safe and helpful)
- ☐ Revisit completed exercises for new insight
- ☐ Track daily challenges to build consistency
- ☐ Don't aim for perfect answers—aim for **real** ones

This workbook provides guidance on assisting you to make the following personal growth journey.



SUPPLEMENTARY MATERIALS

This workbook can also be used in conjunction with the following workbooks and workbooks, available from NICRO Resources page on our website.

- Peer Pressure Workbooks for Teens
- Managing Difficult People Guide
- Emotional Intelligence Workbook
- Developing Resilience Workbook
- Co-Parenting Workbook
- Toxic Relationships Reader
- Healthy Attachments Workbook
- Common Denominator Tough Talk (on the NICRO YouTube or TikTok channels)

What Behavioural Patterns Are And How They Influence Life Outcomes

Objective: To provide a basic understanding of behaviour patterns, where they come from and how they can affect our lives. This section forms the foundation of the rest of the workbook.

- Behavioural patterns are **repetitive, often automatic ways of thinking, feeling, reacting, and interacting** that a person uses to navigate life.
- They develop over time, usually in response to early experiences, and often operate outside of conscious awareness.
- These patterns become a kind of internal script "*When X happens, I do Y.*" While some patterns help us adapt and thrive, others lock us into cycles of dysfunction, conflict, and dissatisfaction—particularly when they're based on outdated or unexamined assumptions.

HOW BEHAVIOURAL PATTERNS FORM

- **Early Conditioning**
 - Many patterns form in childhood as adaptations to our environment.
 - If you had to please a volatile parent to feel safe, you may become a chronic people-pleaser.
 - If vulnerability was punished, you may learn to shut down emotionally or attack first.
- **Emotional Reinforcement**
 - Repeated behaviours that *work* in the short term—like withdrawing to avoid conflict—get reinforced, even if they create long-term problems like loneliness or resentment.
- **Cognitive Filters**
 - Patterns shape how you **interpret the world**. For instance, if you believe people will betray you, you may act defensively or suspiciously—and ironically push people away, confirming your belief.

• Identity and Ego Attachment

- Over time, patterns become **part of how we see ourselves**. “I’m just someone who doesn’t trust easily.”
- This self-concept feels safer than changing, even when it’s damaging.

HOW THEY INFLUENCE LIFE OUTCOMES

The table below maps out how negative patterns of behaviour and beliefs can produce poor outcomes for us in our personal and professional lives.

The Pattern	The Supporting Belief	What It Looks Like	What It Produces
People-pleasing	“If I say no, I’ll be rejected.”	<ul style="list-style-type: none"> • Overextending • Avoiding conflict 	<ul style="list-style-type: none"> • Burnout • Resentment • Weak boundaries
Control	“If I don’t manage everything, it will fall apart.”	<ul style="list-style-type: none"> • Micromanaging • Rigidity 	<ul style="list-style-type: none"> • Conflict • Isolation • Anxiety
Victimhood	“Everything bad happens to me.”	<ul style="list-style-type: none"> • Blame-shifting • Passivity 	<ul style="list-style-type: none"> • Learned helplessness • Repeated failures
Avoidance	“It’s better not to deal with it.”	<ul style="list-style-type: none"> • Procrastination • Emotional shutdown 	<ul style="list-style-type: none"> • Missed opportunities • Unresolved issues
Aggression	“If I don’t dominate, I’ll be hurt.”	<ul style="list-style-type: none"> • Hostility • Argumentativeness 	<ul style="list-style-type: none"> • Broken relationships • Mistrust
Withdrawal	“No one understands me.”	<ul style="list-style-type: none"> • Stonewalling • Emotional detachment 	<ul style="list-style-type: none"> • Disconnection • Loneliness

THE CORE PROBLEM

- These patterns **produce predictable outcomes**, but because they feel familiar or justified, people often fail to see how *they* are contributing to their own problems.
- They focus on the behaviour of others, the unfairness of situations, or external circumstances—never recognising that their own patterns are a major part of what’s not working.
- A relationship is two or more people- meaning there is a dynamic. If you find yourself repeatedly getting the same results from relationships, this is a clue that there may be a pattern at play.

- Trauma is never the fault of the victim. To heal and to take your power back does become your responsibility.
- Responsibility towards yourself, not others.

Why Change Starts With Personal Accountability

Objective: To prepare the foundation for honest and difficult reflection that will lead to better outcomes.

- **Personal accountability** is the foundation of all meaningful change.
- Without it, individuals stay trapped in cycles of blame, denial, and repetition—expecting different results while doing the same things.
- Real transformation begins when a person stops pointing outward and starts looking inward, asking **“What am I doing (or not doing) that contributes to the results I keep getting?”**
- Change starts with personal accountability because
 - It returns your power to you.
 - It breaks the illusion that your problems are "out there."
 - It creates the clarity and leverage needed to rewrite your behavioural script.
- Without accountability, self-awareness becomes meaningless, and action becomes impossible.

1. Blame Protects the Problem

- a. When people blame others—parents, partners, bosses, friends—they shield themselves from discomfort.
- b. But they also shield themselves from growth.
- c. Blame might feel good in the short term because it removes responsibility.
- d. But it also removes power.
- e. If you are not the problem, then you also can't be the solution.

2. Accountability is Not the Same as Blame

- a. It's critical to distinguish accountability from self-blame or shame
- b. Blame says, "It's my fault, I'm broken."
- c. Accountability says, "My behaviour contributes to this, and I can choose differently."
- d. Accountability is *empowering*, not punishing.
- e. It recognises that while you can't control everything, you are always responsible for your responses, your choices, and your patterns.

3. Patterns Don't Break Without Ownership

- a. You cannot change a pattern you won't admit exists.
- b. As long as your focus stays on how others are toxic, difficult, or unfair, you will miss the opportunity to confront
 - i. Your own triggers
 - ii. Your unhelpful coping mechanisms
 - iii. Your distorted thinking
 - iv. Your learned (but outdated) emotional responses

- c. Without ownership, old patterns simply evolve into new forms. The jobs change. The partners change. The friends change. But the *outcomes* stay the same.

4. Accountability Builds Self-Respect

- a. When you take responsibility
 - i. You stop waiting for others to fix things for you.
 - ii. You stop explaining away your failures.
 - iii. You stop excusing harmful behaviours.
- b. This builds integrity.
- c. And integrity leads to genuine confidence.
- d. You begin to trust yourself—because you're no longer running from the truth or your own role in things.

5. It's the Only Place You Have Control

- a. You can't control
 - i. How others behave
 - ii. How people interpret your actions
 - iii. Whether someone forgives you
 - iv. The past
- b. But you *can* control
 - i. What you believe
 - ii. How you react
 - iii. The standards you set for yourself
 - iv. What you're willing to tolerate and repeat
- c. The moment you accept that, you move out of helplessness and into possibility.

6. Accountability Leads to Better Relationships

- a. When you own your part
- b. You break toxic cycles like co-dependency, defensiveness, and avoidance.
- c. You communicate more clearly and respectfully.
- d. You build trust, because you're no longer deflecting, projecting, or denying.
- e. People around you may not change—but your *experience* of those relationships will, because you will show up differently.

COMMON DYSFUNCTIONAL THINKING & BEHAVIOUR PATTERNS

- The table below sets out common thoughts, actions and beliefs that cause negative outcomes in relationships.
- Read through the table and ask yourself honestly if any of these are present in your relationships with family, friends, at work or in romantic relationships.
 - Which 2–3 patterns above show up most often in my relationships?***
 - How have these patterns protected me in the past—and how are they hurting me now?***
 - What would it look like to interrupt this pattern next time it shows up?***

The Pattern of Behaviour	What It Looks Like	Typical Beliefs	What It Produces
Externalizing Blame	Blames others for every conflict or outcome, rarely reflects inward	"It's always them, never me."	<ul style="list-style-type: none"> No personal growth Repeats same relationship cycles
Martyr Complex	Sees self as the long-suffering victim; sacrifices excessively	"I give everything and get nothing back."	<ul style="list-style-type: none"> Builds resentment, avoids accountability Guilt-trips others
Passive-Aggressive Communication	Expresses anger or needs through silence, sarcasm, or guilt	"If they cared, they'd figure it out."	<ul style="list-style-type: none"> Creates confusion, distrust, and emotional distance
People-Pleasing	Avoids conflict by constantly appeasing others at own expense	"If I don't keep everyone happy, they'll leave me."	<ul style="list-style-type: none"> Loss of identity Hidden resentment, burnout
Emotional Reasoning	Assumes feelings = facts	"I feel rejected, so they must hate me."	<ul style="list-style-type: none"> Reactivity, poor judgment Misinterprets intentions
Victimhood Thinking	Views self as powerless in every scenario	"Bad things just keep happening to me."	<ul style="list-style-type: none"> Avoids growth Seeks validation instead of resolution
Avoidant Conflict Style	Withdraws instead of addressing issues directly	"Confrontation makes everything worse."	<ul style="list-style-type: none"> Unresolved issues Festering resentment, broken trust
Control-Seeking Behaviour	Tries to manage people's actions/emotions to avoid discomfort	"If I don't control this, I'll get hurt again."	<ul style="list-style-type: none"> Tension, manipulation Strained relationships
All-or-Nothing Thinking	Sees people/situations as entirely good or bad	"If they upset me once, they're toxic."	<ul style="list-style-type: none"> Discards relationships prematurely Repeats extremes

The Pattern of Behaviour	What It Looks Like	Typical Beliefs	What It Produces
Projection	Attributes own flaws, fears, or behaviours to others	"They're being disrespectful" (when actually being defensive)	<ul style="list-style-type: none"> • Defensiveness • Poor insight • Misreads others
Entitlement	Expects loyalty, forgiveness, or effort without offering the same	"They should just accept me as I am."	<ul style="list-style-type: none"> • Friction • Selfish dynamics, • Eroded reciprocity
Defensive Justification	Rationalizes bad behaviour rather than acknowledging harm	"I only yelled because they pushed me."	<ul style="list-style-type: none"> • Stalled growth, broken trust • Lack of emotional safety
Inconsistent Boundaries	Alternates between over-accommodating and rigid cut-offs	"I'm done with everyone" after tolerating too much	<ul style="list-style-type: none"> • Instability • Loss of credibility • Relationship fatigue

FACING THE HARD TRUTH: WHEN YOU ARE THE COMMON DENOMINATOR

- **You say it always happens to you.**
- **But what if it keeps happening *because of you*?**
- This is a difficult truth to face, especially when your pain feels real, justified, and caused by others.
- But here's the reality: If the same negative patterns repeat in different relationships—different partners, different jobs, different friends—then it's no longer about *them*.
- It's about what *you're bringing to the table*, whether you're aware of it or not.
- Let's be clear:
 - This is not about blame.
 - To reiterate- trauma is never the fault of the victim
 - Your responsibility to yourself is to heal and to take your power back
 - This is about **ownership**.
- Blame is about pointing fingers.
- Ownership is about taking back control.
- You cannot change what you don't claim responsibility for.

WHY IT'S HARD TO SEE YOUR OWN PATTERNS

- We all have protective narratives.
- These are mental stories we tell ourselves to preserve our self-image or avoid shame.
- They sound like:
 - "I just attract toxic people."
 - "I have bad luck with bosses."
 - "Everyone always ends up letting me down."
 - "I gave everything. They didn't appreciate it."
- These stories often feel true because they're emotionally charged—but they're **incomplete**.
- They leave out one key element: **your behaviour**.
- You may not be the villain in your story, but if you're the *constant*, you have influence.
- Maybe you:
 - Ignore red flags
 - Expect people to read your mind
 - Avoid honest communication
 - Use guilt, silence, or emotional withdrawal to punish
 - Demand emotional care but give little accountability in return.
- Until you're willing to question how you contribute, nothing changes.

COMMON WARNING SIGNS THAT YOU MIGHT BE THE PROBLEM (OR PART OF IT)

- **All your relationships feel like battles.**
- You believe people should “just know” how you feel.
- You often end up in the role of victim or martyr.
- You cut people off instead of confronting the issue.
- You justify toxic behaviour as “just being honest.”
- You feel attacked whenever someone gives you feedback.

THE COST OF DENIAL

- You can defend your version of the story forever.
- You can get sympathy.
- You can find people who’ll agree with your narrative.
- But that won’t change your reality.
- If you never take personal responsibility, you’ll keep cycling through the same dynamics with different faces.
- You’ll get stuck in resentment, waiting for others to change while your own behaviour stays unchecked.

You can’t grow if you can’t be wrong.

A BETTER ALTERNATIVE: PERSONAL ACCOUNTABILITY

- Accountability isn’t about beating yourself up.
- It’s about being radically honest with yourself—without shame.
- Accountability sounds like:
 - “I didn’t set a clear boundary, so that outcome makes sense.”
 - “I chose to stay silent, and that led to resentment.”
 - “I was passive-aggressive instead of being direct.”
 - “I overreacted because I was projecting an old wound.”
- Owning your behaviour puts *you* back in the driver’s seat.
- It opens the door to change, self-respect, and better relationships.
- You’ve played a part. Now you get to play a different one.

You are not responsible for everything that went wrong. But you *are* responsible for what you continue to allow, deny, and repeat.

Ready to do the real work?

Personal Baseline Your Life, As It Is

Objective: To help you create an honest assessment of your life at the moment. This forms the basis of what you will be working to improve through the workbook readings and worksheets.

WORKSHEET MY CURRENT REALITY

Purpose:

- To help you recognise recurring patterns and problems in the major areas of your life.
- This is an identifying tool—not to blame, but to clarify.
- Honest answers are essential.

Instructions

- For each life domain below—Family, Friendships, Work, and Romantic Relationships—answer the following prompts.
- Do not worry about sounding "correct."
- Focus on patterns that keep happening, even if the people or situations change.

FAMILY

What are the top 3 ongoing challenges I experience in my family relationships?

What do I usually tell myself about why these problems happen?

(E.g., "They never listen," "I'm always the one holding things together" "I need to keep the peace")

How do I usually respond in these situations?

(E.g., shut down, get angry, avoid them, over-explain, try to fix everything)

What tends to happen as a result?

(E.g., conflict escalates, nothing changes, I feel resentful)

FRIENDSHIPS

What are the top 3 patterns I've noticed in my friendships over time?

(E.g., I feel used, I ghost people, I attract drama, I keep my guard up, my friends keep saying I am dramatic)

How do I typically behave in friendships when there's tension or a problem?

What do I want more of in my friendships—but rarely get?

Have I ever outgrown friendships or repeated the same issues with new people? If so, how?

WORK / PROFESSIONAL LIFE

What consistent problems do I experience at work or in professional settings?

(E.g., conflict with authority, feeling undervalued, burnout, imposter syndrome, describing my every workplace as toxic)

How do I typically react when these problems show up?

What role might I be playing in the recurrence of these problems?

(If you're unsure, just guess honestly.)

How do I want to feel at work—and what currently gets in the way of that?

ROMANTIC RELATIONSHIPS

(If not currently in a relationship, reflect on past ones.)

What patterns keep repeating in my romantic life?

(E.g., jealousy, control, fear of commitment, choosing emotionally unavailable partners, dating people I describe as “narcissists”)

What are my common emotional responses in conflict or intimacy?

What behaviours do I tend to justify—knowing deep down they're not working?

How have these patterns impacted the outcomes of my relationships?

FINAL REFLECTION

Looking across all four domains, what's one phrase or theme that sums up my current reality?

(E.g., "I feel like I'm always on guard" or "No one ever shows up for me" "I keep giving and never receive" "People keep using/abusing me")

What's one uncomfortable truth I'm starting to see?

Pattern Recognition and Connecting The Dots

Objective: This section helps you identify patterns in your thoughts, beliefs and actions that don't produce good outcomes.

PATTERN TRACKER WORKSHEET

Purpose

- To help you identify repeated patterns by reviewing specific situations across different life areas.
- The goal is to connect your thoughts, emotions, behaviours, and outcomes—so you can begin to see where change is needed.

Instructions

- Choose **3 to 4 recent situations** for each domain Family, Friends, Work, and Romantic Relationships.
- You have space for four situations for each domain.
- Complete the table for each situation as honestly and specifically as possible.
- Avoid generalities. Describe actual incidents.
- At the end, there is a general reflection exercise.

Example Entry (Work domain)

Situation	My manager gave me vague feedback during a performance review.
What did I feel?	Confused, defensive, angry.
What did I do?	Shut down emotionally. Gave short answers. Ranted to a coworker afterward.
What story did I tell myself?	"She doesn't respect me and wants me to fail."
What was the outcome?	Tension increased. I avoided her for a week. Didn't get clarification.
Looking back, what was my contribution?	I didn't ask clarifying questions. I assumed bad intent. I disengaged.

FAMILY – SITUATION #1

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FAMILY – SITUATION #2

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FAMILY – SITUATION #3

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FAMILY – SITUATION #4

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FRIENDSHIPS – SITUATION #1

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FRIENDSHIPS – SITUATION #2

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FRIENDSHIPS – SITUATION #3

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

FRIENDSHIPS – SITUATION #4

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

WORK – SITUATION #1

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

WORK – SITUATION #2

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

WORK – SITUATION #3

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

WORK – SITUATION #4

What was the situation?	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

ROMANTIC RELATIONSHIPS - SITUATION # 1

Situation	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

ROMANTIC RELATIONSHIPS - SITUATION # 2

Situation	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

ROMANTIC RELATIONSHIPS - SITUATION # 3

Situation	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

ROMANTIC RELATIONSHIPS - SITUATION # 4

Situation	
What did I feel?	
What did I do?	
What story did I tell myself?	
What was the outcome?	
Looking back, what was my contribution?	

PATTERN TRACKER REFLECTION PROMPTS (AFTER COMPLETING ALL DOMAINS)

What do I notice repeating across different domains?

What emotions show up most often?

What behaviours do I fall back on under stress?

What assumptions do I seem to make about others?

What role am I often playing in these situations?

(e.g., fixer, avoider, controller, victim, aggressor)

MIRROR MOMENT WORKSHEET

"Growth requires admitting when I am the problem—even when it would be easier to blame someone else."

Purpose

- To confront the stories you tell yourself to justify your behaviour, avoid discomfort, or shift blame.
- This is where defensiveness is replaced by clarity—and rationalisation gives way to truth.

Instructions

- This is not a casual reflection.
- You are being asked to challenge your own narrative.
- Approach it with radical honesty.
- If it stings, it's working.
- Use this worksheet after identifying a recurring negative situation—ideally one you've already described in the *Pattern Tracker*.

MIRROR MOMENT - STEP 1 DESCRIBE THE SITUATION HONESTLY

What happened?

What did I say or do that contributed to the problem?

What did I tell myself to justify my behaviour or reaction?

(e.g., "I had no choice," "They deserved it," "I was just being honest," "They pushed me too far")

MIRROR MOMENT - STEP 2 CONFRONT THE RATIONALIZATION

If someone else had done what I did, how would I describe their behaviour?

(Be objective. Strip away your excuses.)

What uncomfortable truth might be hiding beneath my justification?

(e.g., I was afraid of being vulnerable, I wanted to be right more than I wanted to be fair, I didn't like losing control)

Was I being reactive or intentional?

Did my actions move the situation toward resolution or escalation?

MIRROR MOMENT - STEP 3 BREAK THE DEFENSIVE NARRATIVE

What is a more honest version of my story?

(Replace the ego-driven explanation with something grounded in accountability.)

What pattern does this situation fit into?

(e.g., blame-shifting, emotional shutdown, controlling, people-pleasing, passive-aggression)

What am I afraid would happen if I owned my part without excuses?

MIRROR MOMENT - STEP 4 REFRAME AND RECLAIM POWER

What could I have done differently in that moment—regardless of what the other person did?

What values do I want to live by in future similar situations?

If I had acted with integrity, what would that have looked like?

MIRROR MOMENT - CLOSING REFLECTION

What lesson am I willing to accept from this mirror moment, even if it's uncomfortable?

What part of me resists this insight—and why?

What's one behaviour I will *stop justifying* starting today?

PATTERN REVIEW WORKSHEET – CONNECTING THE DOTS

- To challenge default assumptions, disrupt blame patterns, and start building insight around personal responsibility.
- This is about shifting from defensiveness to ownership—without shame, but with clarity.

Instructions

- Look back at the situations you've described in the *Pattern Tracker* and *My Current Reality* worksheets.
- Complete the prompts below.

What patterns keep repeating across different people and situations?

What outcomes seem to follow me, even when the circumstances change?

If I removed the names and places, what behaviours or emotional reactions of mine show up again and again?

What is the only constant in all of these situations?

👉 (Answer **You**. This isn't blame—it's data.)

FLIP THE NARRATIVE WORKSHEET

- Choose a recent conflict, argument, or disappointment that you've been blaming on someone else.
- Now complete the following

ORIGINAL STORY (YOUR CURRENT VERSION OF THE SITUATION)

If I were the common denominator, what might I have done to contribute to this?

What assumptions was I making at the time?

(e.g., "They should know how I feel," "They were trying to hurt me," "I shouldn't have to say anything")

What did I want—but didn't ask for clearly?

What part of me benefitted from telling the story *my way*?

(e.g., I didn't have to feel guilt, I got sympathy, I felt justified)

Rewritten Narrative (with accountability included)

- Now re-tell the story from a different angle—one that acknowledges your own agency.

What insight does this version give me that the original didn't?

What would I do differently if this situation happened again?

What does this say about the habits I need to change?

IF EVERYONE AROUND ME IS THE PROBLEM WORKSHEET

- This rapid-fire reflection is designed to disrupt self-victimisation loops.
- Complete these sentence stems without overthinking

If everyone around me is difficult, maybe I...

If every relationship ends in conflict, maybe I...

If I feel disrespected constantly, maybe I...

If I say "they're all toxic," maybe I haven't yet...

If this keeps happening, maybe it's time to...

Final Prompt

What if I stopped focusing on changing other people, and started focusing only on what I can control—my thoughts, my words, and my actions?

Family Patterns

Objective: This section helps you examine learned behaviours and roles that come from your family experiences.

MY ROLE IN THE FAMILY WORKSHEET

Purpose

- To identify the role you unconsciously adopted in your family system, understand how it protected you, and recognize how it may now limit your relationships and decisions as an adult.

FAMILY PATTERNS: STEP 1 REFLECTING ON YOUR FAMILY DYNAMICS

Answer the following prompts as specifically and honestly as possible

In my family growing up, I was the one who always...

When things got tense, my instinct was to...

The unspoken rule about how I was “supposed” to behave was...

I felt most valued when I...

I felt unsafe or invisible when I...

FAMILY PATTERNS: STEP 2 COMMON FAMILY ROLES

- Review the list below.
- Mark the one(s) that best describe how you showed up in your family.
- You may identify with more than one, but focus on your *primary role*.

Role	Description
The Peacemaker	Keeps everyone calm, avoids conflict, smooths over tension. But by doing so never has peace in themselves.
The Rebel	Breaks rules, challenges authority, draws attention by disrupting norms.
The Caretaker	Emotionally or physically cares for others, often at their own expense.
The Achiever	Gains approval through success, perfectionism, or over-functioning.
The Lost Child	Withdraws, stays out of the way, avoids being a burden.
The Comic/Entertainer	Uses humour to distract from tension, keeps things light.
The Scapegoat	Gets blamed or absorbs the family's unspoken conflicts.
The Confidant	Becomes a surrogate partner or therapist to a parent.

FAMILY PATTERNS: STEP 3 DECONSTRUCTING THE ROLE

What was my primary role in the family?

How did this role help me survive or feel safe growing up?

What did I have to suppress to maintain that role?

(e.g., anger, needs, boundaries, individuality)

How do I carry this role into my adult relationships—sometimes unconsciously?

Where has this role helped me? Where has it held me back?

FAMILY PATTERNS: STEP 4 REWRITING THE ROLE

What would it look like to keep the *strengths* of this role but let go of the *defences*?

What kind of person or partner do I want to become—outside this old identity?

What will I need to unlearn to grow past this role?

"Roles are adaptive, not permanent. You created them to survive—but you can't keep living inside them if you want to thrive."

Inherited Beliefs

Purpose: This section helps you identify the unconscious rules and beliefs about trust, conflict, and love that you absorbed in childhood, and assess how they may be limiting or distorting your current relationships.

- Most people don't choose their beliefs.
- They inherit them from early environments—especially the family system.
- This exercise helps you identify what you were taught (directly or indirectly), what you've internalised, and what it's time to challenge.

INHERITED BELIEFS WORKSHEET

STEP 1: EXPLORING EARLY MESSAGES

- Reflect on what you saw, heard, or sensed growing up.
- These questions are prompts—answer honestly and without editing yourself.

Beliefs About Trust

In my family, trust meant:

I learned that people are trustworthy when they...

I learned people can't be trusted when they...

A message I absorbed about vulnerability was:

Beliefs About Conflict

In my family, conflict was usually:

- ☐ Open and resolved
- ☐ Hidden and avoided
- ☐ Explosive and unpredictable
- ☐ Silent and punishing

I learned that expressing anger meant:

I believed that speaking up would lead to:

I learned it was safer to:

- ☐ Stay quiet
- ☐ Keep the peace
- ☐ Shut down
- ☐ Fight back hard

Beliefs About Love

Love in my family looked like:

Affection was:

- ☐ Freely given
- ☐ Conditional
- ☐ Rare or absent
- ☐ Confusing
- ☐ Inconsistent

I believed I was loved *when* I:

I believed I was unlovable *when* I:

STEP 2: UNCOVERING THE SUBCONSCIOUS SCRIPTS

Complete the following beliefs you may still carry, even if they no longer serve you:

People will betray me if I...

If I show emotion, then...

Love means I have to...

If I set boundaries, then...

If I don't fix everything, then...

If I'm not perfect, then...

It's weak to...

STEP 3: CHALLENGE THE BELIEF

- Pick 2–3 beliefs from above that feel the strongest or most limiting.
- Then answer:

Where did this belief come from?

(A parent, cultural expectation, traumatic moment?)

Was it ever really true—or just necessary for survival back then?

How does this belief affect my relationships or emotional life today?

What belief do I want to replace it with, now that I'm an adult?

“You didn’t choose many of your core beliefs—but you can choose which ones you keep or adapt.”

BELIEFS I'M REWRITING WORKSHEET

Purpose:

- To intentionally replace limiting, inherited, or outdated beliefs with conscious, reality-based alternatives that support healthier behaviours and outcomes.
- Rewriting a belief is not about forced positivity.
- It's about aligning your internal framework with truth, agency, and growth—so your choices are no longer dictated by old, unconscious scripts.

Step 1: Identify the Old Belief

- List beliefs you uncovered in the *Inherited Beliefs Audit* that you now recognize as limiting, inaccurate, or harmful.

Old Belief	Where it came from (e.g., parent, family dynamic, early experience)
1.	
2.	
3.	
4.	

Step 2: Interrogate the Belief

For each old belief, reflect on the following prompts.

Belief # 1

What did this belief protect me from at the time?

How is it harming me now—in relationships, work, or my self-concept?

What evidence do I have that contradicts this belief?

What does holding onto this belief cost me?

Belief # 2

What did this belief protect me from at the time?

How is it harming me now—in relationships, work, or my self-concept?

What evidence do I have that contradicts this belief?

What does holding onto this belief cost me?

Belief # 3

What did this belief protect me from at the time?

How is it harming me now—in relationships, work, or my self-concept?

What evidence do I have that contradicts this belief?

What does holding onto this belief cost me?

Belief # 4

What did this belief protect me from at the time?

How is it harming me now—in relationships, work, or my self-concept?

What evidence do I have that contradicts this belief?

What does holding onto this belief cost me?

Step 3: Rewrite the Belief

- For each old belief, write a conscious, reality-based replacement that reflects what you now want to believe, practice, and embody.

Example

Old Belief	New Belief
"I can't trust anyone."	"Trust is built, not assumed—and I can learn to discern who earns it."
"Love has to be earned."	"I am worthy of love without performance or sacrifice."
"If I express anger, I'll be punished."	"I can express boundaries and anger in a healthy manner without shame."
"Conflict ruins relationships."	"Healthy conflict builds clarity and connection."
"I must fix everything to be valuable."	"My worth isn't defined by solving others' problems."

Old Belief	New Belief

Step 4: Embody the New Belief

Pick one belief per week to practice. For each one, complete:

New Belief	One action I can take to live this belief today	One situation I'll handle differently using this belief	What I'll say to myself when the old belief resurfaces

Beliefs change when actions reinforce them. Repetition is more powerful than willpower.

Friendships

Objective: The objection of this section is to explore the authenticity, reciprocity, and self-sabotage in your friendships.

FRIENDSHIP INVENTORY WORKSHEET

Purpose:

- To evaluate the health, balance, and emotional cost of your friendships.
- This tool helps you identify where you're over-giving, under-receiving, or avoiding boundaries—then take practical steps toward healthier connection.
- If you're always the one giving, fixing, listening, or rescuing—resentment is not a fluke.
- It's a signal.

STEP 1: LIST YOUR KEY FRIENDSHIPS

- List 5–8 people you consider current friends.
- Include those you see often, turn to for support, or feel obligated to maintain.

Name	Length of Friendship	How Often We Connect

Name	Length of Friendship	How Often We Connect

STEP 2: INVESTMENT VS. RESENTMENT CHECK

For each friendship listed, rate the following on a scale of 1–5:

Friend	I give more than I get	I feel energised after interactions	I feel obligated to maintain this	I feel heard/understood	I trust them emotionally

Friend	I give more than I get	I feel energised after interactions	I feel obligated to maintain this	I feel heard/understood	I trust them emotionally

◆ **Red Flags:** Repeated low scores in “energized,” “heard,” or “trust” may indicate one-sided dynamics or emotional burnout.

STEP 3: HONEST SELF-REFLECTION

Which friendships feel most balanced and mutually fulfilling?

Which ones leave me feeling drained, guilty, or resentful?

Where am I maintaining the relationship more out of history or obligation than present-day alignment?

In which friendships do I feel like I can't be fully honest or say "no"?

What patterns do I notice across the ones that feel unhealthy?
(e.g., I overfunction, I don't set limits, I avoid conflict, I fix people)

STEP 4: ACTIONS TO REBALANCE OR RELEASE

For each strained friendship, decide one of the following:

Friend	Action I Need to Take (e.g., Step back, be direct, reassess)	Boundaries I Must Reinforce (e.g., Stop dropping everything, say no)	Conversation I've Been Avoiding (Write out what you'd say if you were honest)

Friend	Action I Need to Take	Boundaries I Must Reinforce	Conversation I've Been Avoiding

If resentment is growing, honesty is overdue.

You don't owe anyone your burnout. Real friendship thrives on mutual investment, not silent sacrifice.

MY SOCIAL MASK WORKSHEET

Purpose:

- To uncover the adaptive persona you wear in social, romantic, or professional environments—especially under stress or insecurity—and examine how it protects you, manipulates outcomes, and limits authenticity.
- A social mask isn't always obvious.
- It's the version of you designed to be liked, needed, admired, or safe—at the cost of your real self.

STEP 1: DESCRIBE THE MASK

When I want to be accepted, I become someone who is...
(e.g., always agreeable, funny, high-achieving, emotionally invincible, "low-maintenance")

The traits I amplify around others are:

The parts of myself I hide or downplay are:

The goal of this mask is to:

- ☐ Avoid rejection
- ☐ Gain approval
- ☐ Feel superior or in control
- ☐ Keep the peace
- ☐ Stay emotionally protected
- ☐ Be indispensable
- ☐ Other:

STEP 2: CHOOSE YOUR MASK TYPE(S)

- Review the common social masks below and select the one(s) you most identify with:

Mask	Description
The Achiever	Appears confident, successful, always productive—driven by fear of inadequacy.
The Caretaker	Nurtures others compulsively—fears being unneeded or abandoned.
The Joker	Uses humour or charm to avoid vulnerability or deflect discomfort.
The Stoic	Appears emotionally detached or invulnerable—avoids appearing “weak.”
The Chameleon	Morphs to fit in—loses self by pleasing or adapting constantly.
The Expert	Leads with knowledge or control—hides insecurity behind intellect.
The Rebel	Projects independence or defiance—pushes people away before they can get close.

You may blend several masks depending on the context.

STEP 3: DECONSTRUCT THE MASK

When did I start using this mask? What triggered it?

What did it help me avoid (emotionally or relationally)?

What are the downsides of relying on this mask today?
(e.g., loneliness, resentment, burnout, shallow relationships)

Who in my life interacts mostly with the mask—not the real me?

What am I afraid will happen if I stop wearing this mask?

STEP 4: PRACTICE AUTHENTIC SHIFTS

If I let go of this mask, what parts of me might re-emerge?

How can I begin showing up differently in one safe relationship or situation?

A new behaviour I'll try this week to express more authenticity is:

The mask got you through the past. But it's not required for your future.

Being fully seen may feel risky—but it's the only way to build trust, intimacy, and peace of mind.

Work And Professional Identity

Objective Identify dysfunctional patterns related to authority, burnout, impostor syndrome, or conflict.

TRIGGER MAPPING AT WORK WORKSHEET

- **Purpose:** To identify specific patterns at work that provoke strong emotional responses—especially around feeling dismissed, micromanaged, or invisible.
- By mapping these triggers, you can spot the internal narratives, past associations, and default reactions that may be sabotaging your performance or professional relationships.
- Triggers are not just about what others are doing.
- They’re often about what past experiences they’re unconsciously activating.

Step 1: Identify the Emotional Flashpoints

- Reflect on recent work interactions that triggered a strong reaction (anger, shutdown, anxiety, self-doubt).
- List 3–5 situations below.

Situation	Who was involved?	What happened?	What did I feel?

Step 2: Spot the Trigger Type

- For each situation, check what kind of trigger was activated:

- ☐ **Dismissal Trigger** — I felt unheard, interrupted, or disregarded.
- ☐ **Micromanagement Trigger** — I felt distrusted, controlled, or infantilized.
- ☐ **Invisibility Trigger** — I felt overlooked, ignored, or taken for granted.
- ☐ **Unfairness Trigger** — I felt I was treated unequally or without merit.
- ☐ **Incompetence Trigger** — I felt exposed, underqualified, or insecure.

- You may check more than one.

Step 3: What's the Deeper Story?

Pick one triggering event from above and complete the following:

What belief did this event reinforce about me or others?

Have I felt this way in previous jobs or environments? What's the pattern?

Did this feeling remind me of an earlier life experience (e.g., school, family)?

What did I do in response—internally and externally?

(e.g., shut down, overexplained, snapped back, ruminated, people-pleased)

What story am I telling myself that might not be fully accurate?

(e.g., "They don't respect me," "I always get overlooked," "I'll never be good enough")

Step 4: Reframe and Respond

What's a more grounded interpretation of the situation?

What boundary, behaviour, or communication strategy would serve me better next time?

What part of this is about the current moment—and what part is emotional residue from the past?

How can I advocate for myself without becoming reactive or avoidant?

“Triggers don’t mean you’re broken. They mean there’s unfinished business.”

By mapping and decoding your emotional responses, you stop letting old pain write new scripts at work.

WORK ROLE VS. SELF-WORTH WORKSHEET

Purpose:

- To identify where you've unconsciously tied your identity, worth, or emotional stability to your role or performance at work—and to begin separating who you are from what you produce.
- If your self-worth rises and falls with productivity, feedback, or recognition, you're not just working—you're self-validating through labour. That's not sustainable.

Step 1: Your Role Identity

My current job title or main function is:

When I describe myself to others, how much of that revolves around work?
(e.g., "I'm a manager," "I'm always busy," "I fix problems for everyone")

What parts of my self-esteem are boosted when I perform well at work?
(e.g., intelligence, usefulness, leadership, discipline)

What parts of my self-esteem collapse when I fail or get negative feedback?

Step 2: Emotional Triggers Around Performance

Check any that apply to you when work isn't going well:

- ☐ I feel like a failure, not just that I failed.
- ☐ I overcompensate to prove myself again.
- ☐ I ruminate or catastrophize about mistakes.
- ☐ I feel personally attacked when I'm corrected.
- ☐ I become withdrawn, anxious, or defensive.
- ☐ I think I'm not good enough—professionally or otherwise.

These are signs that work has become fused with self-worth, not just skill.

Step 3: Examine the Origins

Growing up, achievement meant:

- ☐ I felt most valuable when I was:
- ☐ Performing well
- ☐ Helping others
- ☐ Being responsible
- ☐ Being praised
- ☐ Avoiding mistakes
- ☐ Other:

A core belief I still carry is:

(e.g., "I have to earn love," "My value depends on what I do")

When I'm not productive, I feel:

Step 4: Build a Worth Baseline

List 5 things that make you valuable, even if you never achieve another goal or receive another promotion:

I bring...

I stand for...

I care deeply about...

I'm consistent in...

People value me for...

- Now cross out any that are tied purely to work or performance.
- The rest?
- That's your core worth.

Step 5: Rewrite the Internal Contract

Old Contract (Subconscious):

"If I succeed, I matter. If I fail, I'm nothing."

New Contract (Conscious):

"My value isn't a deliverable. I contribute meaningfully, but I'm more than what I produce."

**You are not your job. Your role can change—your worth does not.
Separate your *identity* from your *output*, or you'll live on an emotional
performance review.**

DETACHING SELF-WORTH FROM FEEDBACK WORKSHEET

Purpose:

- To help you process feedback—whether it's constructive, critical, or unsolicited—without letting it define your value or trigger shame-based reactions.
- Feedback is information, not identity.

Why This Matters

- If you equate criticism with rejection, or feedback with personal failure, you'll either:
 - Avoid feedback altogether (and stay stuck), or
 - Become overly defensive, missing opportunities for growth.
- Your ability to **hear feedback without collapsing** is a marker of emotional maturity and self-trust.

STEP 1: IDENTIFY YOUR TRIGGER RESPONSE

Think of a recent time someone gave you feedback that bothered you.

What was said?

Who said it? What is their role in your life?

What was your immediate emotional reaction?

(e.g., anger, shame, denial, withdrawal)

What belief did that feedback threaten in you?

(e.g., "I'm a good person," "I always try my best," "People shouldn't criticise me")

STEP 2: CHALLENGE THE FUSION OF FEEDBACK + IDENTITY

Complete the sentence:

"I felt like a failure because"

Now rewrite it more accurately:

**“The feedback pointed out,
but that doesn’t mean I’m”**

Example:

Original: “I felt like a failure because my friend said I always make it about me.”

Reframe: “The feedback pointed out a pattern of self-focus in some conversations, but that doesn’t mean I’m selfish or unworthy.”

STEP 3: ASSESS THE FEEDBACK OBJECTIVELY

Question	Your Response
Is this feedback coming from a trusted or emotionally reactive source?	
Is there truth in the content, even if the delivery was imperfect?	
Have I heard similar feedback from other people or situations?	
What’s useful here—even if it’s uncomfortable to admit?	

STEP 4: DETACH. DECIDE. INTEGRATE.

What is *not* true about this feedback, and I can safely let go of it?

What *is* worth taking seriously—even if it stings?

How can I use this feedback to adjust behaviour without attacking my self-worth?

STEP 5: ANCHOR YOUR WORTH

Complete the sentence:

“Even if I need to grow in , I am still”

Example: “Even if I need to grow in how I communicate under stress, I am still a thoughtful and worthy person.”

Write your own anchor statement below and revisit it when feedback shakes you:

You are not the sum of people’s opinions. Growth requires discomfort, not self-destruction.

Romantic Relationships

Objective Explore attachment patterns, emotional reactivity, and unconscious partner selection.

MY RELATIONSHIP CYCLE WORKSHEET

Purpose:

- To map out the stages, behaviours, and emotional shifts that tend to repeat in your romantic relationships—whether short-lived or long-term.
- This exercise brings unconscious cycles into conscious awareness, so you can interrupt destructive patterns before they repeat.
- If your relationships feel like different people, same outcome — you’re not unlucky.
- You’re patterned.

STEP 1: RECALL PAST RELATIONSHIPS

- List 3–5 significant romantic relationships (or situationships).
- Include even brief ones if the emotional impact was high.

Name / Description	Length	How It Ended (or Why It’s Strained)

STEP 2: MAP THE CYCLE

- Review your relationships and identify what commonly happens in each phase below.
- Look for repeating dynamics, emotions, and behaviours.

Attraction Phase

What draws you to people initially?

What traits or situations trigger “chemistry” or instant connection?

Bonding / Idealization Phase

How quickly do things become intense or intimate?

Do you tend to rush, fantasize, or emotionally over-invest?

Comfort or Control Phase

When things settle, what dynamics emerge (e.g., caretaking, avoidance, jealousy, criticism)?

Do you start to feel bored, anxious, or unappreciated?

Conflict / Withdrawal Phase

How do you typically respond to conflict or emotional discomfort?

Do you shut down, explode, chase, detach, over-apologize?

Breakdown or Breakup Phase

What patterns show up at the end of relationships?

Do you stay too long, ghost, self-sabotage, or blame?

STEP 3: IDENTIFY THE COMMON THREADS

What are 3–5 patterns that show up across multiple relationships?

(E.g., "I lose myself trying to be perfect," "I chase emotionally unavailable partners," "I test people then punish them for failing" "I keep dating 'narcissists' ")

What roles do you tend to play in relationships?

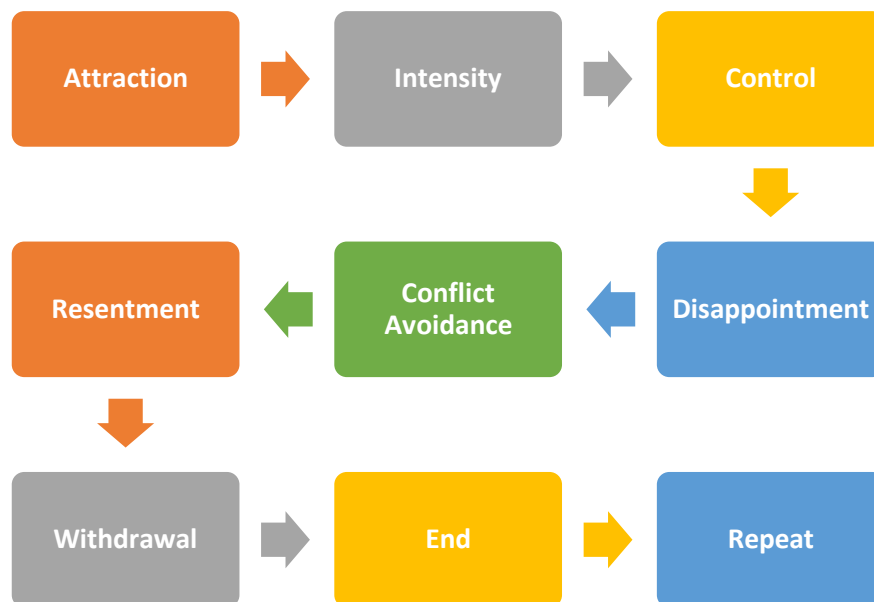
(e.g., fixer, pleaser, rebel, parent, victim)

What core fears drive your behaviour in relationships?

(e.g., abandonment, rejection, engulfment, unworthiness)

STEP 4: YOUR DEFAULT CYCLE (VISUAL MAP)

- Use this space to draw or list your personal relationship cycle — from beginning to end — in sequential steps.
- Example:



STEP 5: BREAK THE LOOP

Which part of your cycle feels most automatic or unconscious?

What belief about love or yourself is driving this loop?

What's one new behaviour or boundary you can practice in that stage next time?

**What we repeat reveals what we believe.
To change the outcome, change the script.
Knowing your cycle gives you power.
Interrupting it gives you freedom.**

NEEDS VS. CONTROL WORKSHEET

Purpose:

- To help you identify your core emotional needs in relationships, recognise when your attempts to meet them become controlling, and learn how to express needs in direct, respectful ways that build connection—not resentment.
- Not every need is a problem. But the way you try to get it met can be.

Step 1: Identify Core Emotional Needs

- Review the list of common emotional needs below.
- Circle 3–5 that feel most important to you in relationships:

- ☐ To feel safe
- ☐ To be heard
- ☐ To be chosen
- ☐ To feel appreciated
- ☐ To feel in control
- ☐ To be nurtured
- ☐ To be respected
- ☐ To be emotionally close
- ☐ To feel important
- ☐ To be accepted as I am

Now, list your top emotional needs in your own words:

Step 2: How You Try to Get Your Needs Met

Pick one of your top needs and answer the following:

Example Need: "To feel emotionally safe."

- **Healthy ways I've tried to meet this need:** *(e.g., setting boundaries, asking for reassurance)*
- **Controlling or manipulative ways I've tried to meet this need:** *(e.g., giving silent treatment, testing people, guilt-tripping, over-monitoring)*
- **The impact of those strategies on the other person and the relationship**

My Emotional Need # 1

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

My Emotional Need # 2

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

My Emotional Need # 3

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

My Emotional Need # 4

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

My Emotional Need # 5

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

My Emotional Need # 6

Healthy ways I've tried to meet this need

Controlling or manipulative ways I've tried to meet this need

The impact of those strategies on the other person and the relationship

Step 3: Control Behaviours Inventory

Mark any of the following strategies you've used to avoid feeling vulnerable, maintain control, or get a need met indirectly:

- ☐ Guilt-tripping ("After all I do for you...")
- ☐ Giving the silent treatment
- ☐ Withholding affection or attention
- ☐ Constant checking, questioning, or "needing to know"
- ☐ Using emotional outbursts to control tone or conversations
- ☐ Fishing for reassurance instead of asking directly
- ☐ Playing the victim or martyr to gain sympathy
- ☐ Keeping score in the relationship
- ☐ Making others guess what's wrong
- ☐ Threatening to leave to get a reaction

These are covert forms of control.

They might feel justified in the moment—but they erode trust long-term.

Step 4: What's Driving the Control?

What emotion do I feel right before I try to control?

(e.g., fear, rejection, abandonment, helplessness)

What story am I telling myself in those moments?

(e.g., "If I don't control this, I'll be hurt," "They don't care unless I force them to")

Where did I learn that control was safer than honesty?

Step 5: Shift to Direct Need Expression

Choose one recurring situation where you've used control instead of clarity.
Now rewrite your approach using assertive, non-coercive language.

Old Behaviour: (e.g., "I withdraw to make them feel guilty and come after me.")

New Approach: (e.g., "I say: 'When I feel ignored, I shut down. What I really need is reassurance and presence.'")

Old Behaviour	
New Behaviour	
Old Behaviour	
New Behaviour	
Old Behaviour	
New Behaviour	
Old Behaviour	
New Behaviour	

Replace control with clarity.
Replace manipulation with ownership.
That's how respect—and real intimacy—is built.

SELF-CHECK BEFORE DATING AGAIN

Purpose:

- To assess whether you're emotionally, mentally, and behaviourally ready to enter a new romantic relationship—without dragging old baggage into it or repeating dysfunctional patterns.
- Wanting connection isn't the same as being ready for it.
- This check-in is for getting honest with yourself first.

Step 1: Are You Healing or Escaping?

Why do I want to date again right now?

(Be brutally honest. Is it loneliness, boredom, proving something, avoiding grief?)

What have I done to emotionally process my last relationship?

- ☐ Therapy
- ☐ Journaling
- ☐ Reflected on my role in the dynamic
- ☐ Forgiven myself/them
- ☐ None of the above

What do I still feel when I think about my last relationship?

(Check all that apply)

- ☐ Regret
- ☐ Anger
- ☐ Shame
- ☐ Sadness
- ☐ Relief
- ☐ Numbness
- ☐ Hope for reconciliation
- ☐ I feel nothing—it's fully processed

Step 2: Have You Owned Your Patterns?

List 2–3 patterns you now recognize from past relationships that *you* contributed to: *(e.g., over-giving, avoidance, jealousy, boundary-blurring, control, dependency)*

What have you done differently to interrupt these patterns since then?

How will your next partner know you've done the work?

(What will they notice in your behaviour, communication, and choices?)

Step 3: Check for Hidden Agendas

Which of the following apply to you right now?

- ☐ I want someone to prove my ex was wrong to leave me
- ☐ I need emotional validation from outside myself
- ☐ I feel like I'm running out of time
- ☐ I want a distraction from my inner work
- ☐ I miss being wanted, not necessarily being known
- ☐ I just don't want to be alone

If you checked more than two, you're likely seeking escape—not connection.

Step 4: Define Your Readiness

Answer these clearly. No vague answers.

What do I have to offer someone emotionally, mentally, and relationally—right now?

What emotional needs am I capable of meeting for myself?

What boundaries am I committed to upholding—no matter how attracted I am?

What's my dating intention: Connection? Casual? Clarity? Partnership?

Step 5: Set Your Personal Greenlight Criteria

Before entering a relationship again, I commit to:

- ☐ Owning my past without shame or blame
- ☐ Communicating needs directly, not indirectly
- ☐ Taking emotional responsibility for my triggers
- ☐ Recognizing red flags early and acting on them
- ☐ Not outsourcing my worth to how someone treats me

My final self-check statement:

"I am ready to date because..."

A healed version of you won't settle for what the hurting version accepted.

If you can't be radically honest on this page, you're not ready.

If you can, proceed—with intention, not impulse.

Behaviour Swaps Practical Replacements For Destructive Patterns

Objective To introduce you to alternatives to familiar but unhelpful behaviours.

COMMON NEGATIVE BEHAVIOURS AND THEIR HEALTHY COUNTERPARTS

Purpose:

- To identify recurring self-defeating behaviours in relationships (family, friendships, work, and romance), understand the emotional function they serve, and introduce more effective, self-respecting alternatives.
- Dysfunctional behaviour isn't random—it's usually a strategy for safety, control, or validation.
- But long-term, it costs more than it protects.

Common Behaviour Swaps

Negative Behaviour	Underlying Motive	Healthy Counterpart
Passive-aggression	Avoiding direct conflict	Assertive communication: "Here's what I need..."
People-pleasing	Fear of rejection, need for approval	Boundaried kindness: Saying "yes" only when it aligns with values
Silent treatment / withdrawal	Emotional punishment, fear of vulnerability	Time-out with explanation: "I need space, but I'll re-engage soon."
Constant self-deprecation	Fishing for reassurance or deflecting shame	Honest self-assessment with self-compassion
Emotional over functioning (fixing everyone)	Identity tied to being needed	Supporting others without rescuing
Jealousy-driven control (e.g. checking phones)	Fear of abandonment or betrayal	Building trust and stating clear relational agreements
Chronic sarcasm or mockery	Disguising resentment or insecurity	Naming emotions directly and respectfully
Stonewalling / shutting down	Avoiding shame or discomfort	Practicing pause and re-entry: "I'm overwhelmed, can we revisit this?"
Playing the victim	Avoiding accountability	Owning your part: "Here's where I contributed to this outcome."
Keeping score (tit-for-tat)	Resentment due to unspoken needs	Clear communication and negotiated reciprocity
Excessive control / micromanaging others	Fear of things falling apart	Delegating and tolerating imperfection
Avoiding feedback or defensiveness	Fragile ego, fear of criticism	Listening non-defensively, asking for clarity
Chasing emotionally unavailable people	Reenacting abandonment scripts	Choosing emotionally present and available partners

Reflection Prompts

Which 2–3 negative behaviours from the list do I recognize in myself most often?

What have those behaviours protected me from (emotionally)?

What's one situation where I could practice the healthy counterpart this week?

Every dysfunctional behaviour is a survival strategy that has outlived its usefulness.

The goal isn't perfection—it's self-awareness paired with small, repeated shifts toward integrity and maturity.

OLD PATTERN, NEW ACTION – BEHAVIOUR UPGRADE TABLE

Purpose:

- To replace recurring dysfunctional behaviours with intentional alternatives that promote respect, clarity, and relational health in each life domain: Family, Friends, Work, and Romantic Relationships.
- Patterns don't break by accident.
- You interrupt them through conscious practice—until the new becomes natural.

FAMILY	
Old Pattern	New Action
Bottling resentment → exploding	Set micro-boundaries early and express calmly
Playing the martyr	Ask clearly for help and share emotional needs openly
Staying silent to “keep peace”	Voice disagreement without drama
Taking on family guilt	Decline with respect: “That doesn’t work for me right now.”

FRIENDSHIPS	
Old Pattern	New Action
Overextending to be liked	Say no when depleted without over-explaining
Avoiding tough conversations	Use “I feel / I need” to address concerns respectfully
Comparing or competing	Practice celebrating others while defining your own success
Ghosting when overwhelmed	Send a brief, honest message: “I need space—nothing personal.”

WORK	
Old Pattern	New Action
Avoiding conflict with coworkers	Schedule a direct conversation, stick to facts + impact
Over-functioning to prove worth	Delegate, ask for help, and enforce work-life boundaries
Passive-aggressiveness with authority	Give feedback respectfully and request clarity on expectations
Taking things personally	Separate feedback from identity: “This is about the task.”

ROMANTIC RELATIONSHIPS	
Old Pattern	New Action
Testing partners instead of expressing needs	State needs clearly and ask for reassurance when needed
Withdrawing to punish	Communicate discomfort directly: “I feel hurt and need time, not distance.”
Becoming overly dependent	Maintain personal hobbies, friends, and emotional self-regulation
Ignoring red flags	Acknowledge patterns early and ask direct questions

Reflection Prompts

Which one “Old → New” shift will I start applying this week? Why?

What internal discomfort do I expect when practicing the new action?

What’s my plan to stay consistent even when it feels unnatural?

**You don’t rise to the level of your goals—you fall to the level of your patterns.
Upgrade them.**

The 30-Day Challenge Daily Practice for Real Change

Objective Reinforce new habits through small, daily behavioural commitments.

Purpose:

- To commit to one month of intentional action that disrupts negative behavioural patterns and reinforces healthy, self-respecting habits across key areas of life.
- This challenge is about consistency, not perfection.
- Change doesn't happen by thinking about it—it happens by practicing it daily, especially when it's inconvenient.

How to Use This Challenge

- **Choose 1–2 key behavioural patterns** you are committed to changing this month.
- **Complete the daily prompt** (takes 5–10 minutes max).
- **Practice the behaviour swap** you've chosen in real time during the day.
- **Track emotional reactions and resistance**—they reveal the old script.
- **Use the weekly review** to spot progress and adjust your strategy.

Set Your Monthly Focus

My pattern(s) I want to interrupt this month:

The healthy counterpart(s) I will practice instead:

Why this matters now:

Daily Check-In (Repeat for 30 Days)					
Day	Trigger / Situation	Old Pattern I Noticed	New Action I Practiced (or Intended To)	How I Felt Before / After	What I Learned or Will Adjust
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					

Day	Trigger / Situation	Old Pattern I Noticed	New Action I Practiced (or Intended To)	How I Felt Before / After	What I Learned or Will Adjust
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					

Day	Trigger / Situation	Old Pattern I Noticed	New Action I Practiced (or Intended To)	How I Felt Before / After	What I Learned or Will Adjust
23.					
24.					
25.					
26.					
27.					
28.					
29.					
30.					

Weekly Reflection (Every 7 Days)

What pattern showed up the most this week?

When did I successfully act differently?

When did I fall back into old habits—and why?

What did I avoid feeling or confronting?

What's my focus for next week?

Final Reflection (End of 30 Days)

What's different about how I respond to discomfort now?

What pattern do I feel less controlled by?

What new habit or boundary has stuck—and why?

What part of myself do I now trust more?

**You don't need a new personality. You need a new pattern—practiced enough times to become who you are.
Don't stop at 30 days. Keep going. Change solidifies through repetition, not revelation.**

Long-Term Maintenance Sustaining Insight And Growth

Objective: To prepare you for maintaining positive growth moving forward.

RELAPSE AWARENESS SPOTTING OLD PATTERNS EARLY

Purpose:

- To help you recognize early warning signs of slipping back into old behaviours—before they fully take over—and take corrective action with clarity and self-respect.
- Growth isn't linear.
- Relapse isn't failure—it's feedback.
- But only if you catch it early and respond intentionally.

Why Relapse Happens

- Even with insight and new habits, under stress, uncertainty, or emotional discomfort, the nervous system defaults to the familiar—even if the familiar is destructive.
- Relapse is not about weakness; it's about habit.
- The solution is pattern recognition and real-time interruption.

Early Warning Signs of Pattern Relapse

Domain	Warning Sign
Family	Saying yes out of guilt, feeling obligated, reverting to your childhood role
Friendships	Ghosting, over-giving, resentment from unmet unspoken expectations
Work	Over-functioning, perfectionism, avoiding direct conversations
Romance	Justifying red flags, emotional dependency, pursuing emotionally unavailable people

Internal Red Flags to Watch For

- You're justifying what you know isn't healthy: "It's not that bad."
- You feel the need to "perform" or "prove" something to others.
- You're reacting impulsively instead of responding intentionally.
- Your self-talk sounds like it did before the work began.
- You start hiding things—from others or from yourself.

Relapse Self-Check: Spot It Fast

Use this when you sense you're slipping:

What just happened? (Describe the moment, trigger, or interaction.)

What emotion am I avoiding or suppressing?

What old pattern is trying to reassert itself?

What would the “new version” of me do here instead?

What one action can I take right now to realign?

Recommitment Plan

If I fall back into an old pattern, I will...

- Acknowledge it without shame
- Reconnect with the workbook and daily practices
- Share honestly with someone I trust
- Choose one small corrective action within 24 hours
- Reflect: What’s the lesson this relapse is showing me?

You only truly relapse when you stop being honest with yourself.

Your ability to spot a slip and course-correct *is* the work. Keep choosing it—even when it’s hard.

BUILDING A SUPPORT SYSTEM FOR FEEDBACK AND ACCOUNTABILITY.

Purpose:

- To create a network of honest, growth-minded relationships that can challenge your blind spots, reinforce change, and support your behavioural evolution with integrity.
- Willpower fades.
- Accountability sustains.
- And nothing exposes your patterns like real feedback from trusted people.

Why You Need a Support System

- Changing ingrained behaviours requires more than self-awareness—it requires consistent external feedback and relational mirrors.
- A support system helps:
 - Catch blind spots before they sabotage progress
 - Normalize discomfort during change
 - Reinforce new habits and mindset shifts
 - Prevent isolation and self-deception
- **You will revert without relational friction. You grow with it.**

Identify the Right People

- Not everyone qualifies as part of a growth-support team.
- Seek individuals who are:
 - Emotionally mature, not just emotionally available
 - Willing to give **truth over comfort**
 - Not enmeshed in the old version of you
 - Committed to boundaries and mutual respect
 - Able to reflect, not react

Avoid:

- Chronic enablers or people who benefit from your dysfunction
- Highly reactive or defensive individuals
- People unwilling to do their own work

Roles in a Healthy Support System

Role	Function	Example
Accountability Partner	Keeps you consistent with your goals and behavioural swaps	Weekly check-in: “What did you practice?”
Truth-Teller	Gives you blunt, respectful feedback without sugar-coating	“Here’s how that sounded from the outside.”
Empathetic Witness	Offers safe space to process emotions without fixing you	“I hear you. That makes sense.”

Role	Function	Example
Growth Peer	Someone also doing deep work who challenges and supports you	Shared workbook reflections or check-ins
Mentor / Therapist	A professional or experienced guide for deeper pattern insight	Ongoing clinical or spiritual counsel

Sample Conversation Prompts

- Use these to invite others into your growth journey:
 - “I’m working on interrupting old behaviour patterns. Could I check in with you weekly?”
 - “If you ever notice me falling back into X behaviour, are you willing to tell me honestly?”
 - “I’m trying to stay accountable. Would you be open to asking me how I handled Y situation this week?”
 - “I’m not looking for advice—just honest reflection and support.”

Accountability Agreements

- **Frequency of check-ins:** *e.g., Weekly, every other Sunday, after difficult interactions*
- **Preferred method:** *In-person, call, text, email, shared Google Doc*
- **Ground rules:** *No rescuing, no guilt-tripping, no enabling, no pretending*
- **What I most need from you when I’m slipping:** *e.g., “Challenge me directly but kindly,” “Remind me of my why”*

“Real change doesn’t happen in isolation. It happens in relationship—with others who won’t let you stay small.”

Choose support that confronts with care, reflects with clarity, and believes in your capacity to change—even when you forget it.

MONTHLY REFLECTION TOOL

Purpose:

- To review personal growth, evaluate behaviour patterns, and adjust your approach intentionally each month.
- Progress is built through awareness, adjustment, and persistence—not perfection.
- What gets measured gets changed.
- What gets avoided gets repeated.

When to Use This Tool

- At the end of each calendar month
- After completing a major 30-day challenge
- Following a noticeable relapse or breakthrough
- Before setting new goals for behavioural change
- Set aside at least 30–45 minutes of uninterrupted time for this reflection.

Part 1: Honest Review of the Past Month

What were my top 3 personal wins this month?

(These can be behaviour shifts, difficult conversations, boundary-setting, etc.)

- 1.
- 2.
- 3.

Where did I make progress, even if it felt small or uncomfortable?

What patterns tried to reassert themselves?

When did I fall back into old behaviours? What triggered it?

How did I respond when I slipped up—did I adjust or avoid?

Part 2: Pattern Awareness

What theme or emotion dominated this month?

(e.g., resentment, avoidance, fear of conflict, loneliness)

What situations or people brought out the best version of me?

What situations or people activated my worst habits?

Which cognitive distortion did I catch most often this month?

(e.g., externalizing blame, catastrophizing, victim thinking)

Part 3: Recommitment + Strategy

What do I want to do more of next month?

What's one non-negotiable boundary I will protect better?

What specific behaviour pattern will I interrupt again next month?

(Choose one that showed up consistently.)

What support, tool, or resource will I actively use next month?

Part 4: Self-Check on Integrity

Rate yourself (1-10) on the following areas. Then add 1 thing you'll do to improve each score.

Area	Score (1-10)	Next Step to Improve
Honest self-reflection		
Emotional regulation		
Owning your role in outcomes		
Practicing healthy behaviours		
Seeking feedback/support		

Closing Insight

One truth I can no longer ignore:

One strength I rediscovered or grew this month:

One message I want to carry into next month:

You don't get better by trying harder—you get better by reflecting smarter.
Show up. Tell the truth. Adjust as needed. Repeat.



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