

Pattern Noticing Prompts

A kind way of noticing what repeats. Decoding your entire past isn't the work. You might consider noticing what repeats, kindly, curiously.

When this might help:

- You keep reacting the same way and want to understand the pattern, not judge it
- A quiet moment after a spiral, not during one

The practice:

Prompt:

- "When I feel ____, I usually ____."

Example: "When I feel unheard, I usually shut down."

Bonus reflection:

- "That pattern helped me survive by ____."

Gentle fallback: One sentence is enough. "When I feel ____, I usually ____." Stopping there counts.