



Repeating Patterns in Relationships

A Guided Journaling Worksheet to Notice, Heal, and Re-imagine with the understanding that everyone we meet is a mirror.

Step 1: Notice the Pattern

- What relationship experiences in my past feel similar to one another?
- Are there phrases, feelings, or scenarios that keep resurfacing (e.g., abandonment, betrayal, over-giving, not being seen, people pleasing tendencies)?
- Write down at least 3 situations that feel alike, even if they involve different people.

Step 2: Name the Emotion

- How do I usually feel in these repeating dynamics? (Lonely, rejected, unworthy, unseen, anxious, over-responsible, etc.)
- What physical sensations arise in my body when I think about this pattern?
- Let yourself describe the emotion in detail—give it a voice.

Step 3: Trace the Roots

- When was the first time in my life that I remember feeling this way?
- Is there an earlier experience (perhaps in childhood) where this wound first appeared?
- Even if you're unsure, trust what comes to the surface.

Step 4: Understand the Lesson

- What might this pattern be trying to teach me about my needs, boundaries, or worth? How have I grown stronger, wiser, or more self-aware through these experiences?
- Reframe the pattern as a teacher instead of just a wound.

Step 5: Reimagine the Future

- If I stepped outside of this cycle, what would a new, healthier relationship dynamic look like?
- What would I feel instead? What kind of love, friendship, or belonging would support my true self?
- What is one boundary, affirmation, or new behavior I can begin practicing to shift this pattern?
- Visualize yourself already living this new pattern.

Closing Reflection

- Write a letter to yourself as if you were your future, healed self—reminding you of your worth, your growth, and the love you deserve.

With Love, Ms. B.