

Module 3: Pattern Detox Worksheet

Part 1: Pattern Recognition

List 3 automatic patterns or behaviors you've noticed in your life that no longer serve you:

Part 2: Understanding Protection

For each pattern above, ask yourself: "What is this pattern protecting me from?"

Pattern 1 is protecting me from: _____

Pattern 2 is protecting me from: _____

Pattern 3 is protecting me from: _____

Part 3: Creating New Patterns

For each old pattern, identify a new behavior or belief you want to replace it with:

Old Pattern 1 → New Pattern: _____

Old Pattern 2 → New Pattern: _____

Old Pattern 3 → New Pattern: _____

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Part 4: Affirmations Write 3 affirmations that support your new patterns (state them as if they're already true):

Example : “I am charismatic and attract emotionally available people “, “I am enough”, “I am worthy of success”

Part 5: Daily Check-In Practice

Set 3 times during your day to check in with yourself. When will you pause to notice how you feel when the alarm goes off ? Refer to your emotions wheel.

Morning: _____ (time)

Midday: _____ (time)

Evening: _____ (time)

Part 6: Visualization Exercise

Choose one new pattern and describe in detail what it feels like when you embody this pattern:

When I practice _____ (new pattern), I feel:

Part 7: Celebration Log

Track your wins! Each time you successfully interrupt an old pattern and choose differently, write it down:

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

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Part 8: Gratitude to Old Patterns

Write a letter thanking one of your old patterns for protecting you, and letting it know you're ready to choose differently:

Dear _____ (pattern),

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.