



A 10-MINUTE PATTERN CHECK

BEFORE YOU CALL IT RANDOM

A short guide for catching the detail that keeps repeating

NAME WHAT YOU'VE BEEN CIRCLING



START HERE

You probably do not need another journal prompt.

You may need help separating the thing that happened from the thing that keeps happening.

A pattern is not always dramatic. Sometimes it is the sentence you keep repeating. The kind of person you keep making room for. The part of the story you rush past because it seems too small to matter.

This guide will help you slow one situation down and look at it from a little farther away. You are not trying to diagnose yourself or force an answer. You are collecting the details your mind may have already connected before you had language for them.

One rule before you begin

Write what is true, not what sounds wise. Specific details will tell you more than a polished explanation ever will.

STEP 1

Start with one scene, not your whole life.

Choose something that is still taking up more space in your mind than the moment itself seems to justify.

What happened?

Describe the scene as if you were telling a friend. Include what was said, what changed, and what you did next.

What part keeps replaying?

A word, pause, facial expression, decision, silence, or detail you cannot quite leave alone.

STEP 2

Follow the repetition.

Now move beyond this one scene. Do not ask, 'Why does this always happen to me?' That question is too big. Look for what is actually similar.

Where have you felt this exact feeling before?

What was your role each time?

The fixer? The translator? The one who waited? The one who made the discomfort easier for everyone else?

What detail repeated, even when the people or setting changed?

STEP 3

Listen for the explanation you keep using.

We often explain away the exact detail that deserves our attention. The explanation may be reasonable and still be incomplete.

Finish this sentence three different ways:

I keep telling myself it is fine because...

What becomes harder to admit if that explanation is not the whole truth?

Do not solve it yet. Just let the contradiction stay visible.

STEP 4

What is the pattern asking you to see?

A useful pattern does not only tell you what went wrong. It reveals what you repeatedly protect, tolerate, perform, postpone, or need.

I keep protecting...

a person, image, expectation, possibility, or version of myself

I keep tolerating...

a feeling, behavior, imbalance, delay, or lack of clarity

I keep performing...

competence, calm, usefulness, strength, or being unbothered

I keep postponing...

a question, boundary, decision, request, or honest response

I may actually need...

permission, information, support, distance, repair, or a different choice

Say what you can see now.

Do not reach for a life lesson. Use the evidence you just gathered.

Try this:

When _____ happens, I tend to _____
because I am trying to protect _____. The part I
keep explaining away is _____.

The clearest sentence I can say about it now is...

If your sentence feels unfinished, that does not mean you missed it. Sometimes you can see the outline of a pattern before you can name its center.

WHEN YOU ARE TOO CLOSE TO THE STORY

You found the thread. I can help you name what it means.

Sometimes the hard part is not knowing that something is repeating. It is figuring out what the repetition is revealing, which details matter, and what you may be assuming without realizing it.

That is what I do in I Noticed Something: A Personal Pattern Report.

You send me the situation in your own words through guided audio or video. I listen for the connections, tensions, and repeated details underneath what you shared, then send you a private 4-6 minute audio Pattern Report within five business days.

GET YOUR PERSONAL PATTERN REPORT

Open the Pattern Report

\$97 | Private | Delivered by email

You do not have to tell the story perfectly.

You just have to tell me what happened.

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