

Recognising Patterns of Feeling “Targeted” in Your Life

Purpose

This guide helps you reflect on recurring experiences where you feel singled out, treated unfairly, or consistently affected by negative events—and to distinguish between **external patterns** and **internal perception patterns**.

1. Common Signs You May Feel Targeted

You might notice:

- Repeated situations where things seem to “go wrong” specifically for you
 - Feeling like others are intentionally excluding, undermining, or judging you
 - Interpreting neutral events as having personal meaning directed at you
 - A sense that negative events are not random, but connected or patterned
 - Frequently asking: “*Why does this always happen to me?*”
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2. Check for Objective Patterns vs. Perceived Patterns

Ask yourself:

Is there clear, external evidence?

- Are the same people or systems involved each time?
- Can the pattern be observed and agreed upon by others?
- Is there documentation or consistent proof?

Or is it interpretation-based?

- Am I filling in gaps with assumptions about intent?
 - Could there be alternative explanations?
 - Would someone else see this the same way?
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3. Emotional and Cognitive Indicators

Certain internal states can increase the sense of being targeted:

- High stress or burnout
- Anxiety or hypervigilance (constantly scanning for threats)
- Low mood or frustration
- Feeling out of control in other areas of life

These can make patterns feel more personal or intentional than they are.

4. Behavioural Signs to Notice

- Replaying situations repeatedly in your mind
 - Looking for connections between unrelated events
 - Avoiding people or situations due to perceived patterns
 - Reacting strongly to small or ambiguous actions
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5. Reality-Checking Questions

Use these to ground your thinking:

- *What are the facts vs. my interpretation?*
 - *What evidence supports this? What evidence doesn't?*
 - *If a friend described this, what would I say to them?*
 - *Is this a consistent pattern, or a few memorable events?*
 - *Could this be coincidence, timing, or misunderstanding?*
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6. External Factors to Consider

Sometimes patterns are real—but not personal:

- Workplace dynamics or poor management
 - Social environments that don't suit you
 - Repeating habits that lead to similar outcomes
 - Structural or situational issues (timing, resources, communication)
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7. Regaining a Sense of Control

Focus on what you can influence:

- Clarify boundaries and communication with others
 - Change environments that consistently produce negative outcomes
 - Track events objectively (write down what actually happens)
 - Strengthen routines (sleep, exercise, time outside, structured goals)
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8. When to Seek Support

Consider talking to someone you trust or a professional if:

- The feeling of being targeted is persistent or intensifying
- It's affecting your decisions, relationships, or wellbeing
- You find it hard to separate thoughts from evidence
- You feel isolated in your perspective

Key Principle

Not every pattern is intentional, and not every feeling reflects reality—but **every feeling is worth understanding**. The goal is not to dismiss your experience, but to examine it clearly so you can respond effectively.