

# Rewriting Old Patterns Course

A gentle path to shifting long held patterns safely.

## Who This Is For

This course is for people who:

- Repeat the same patterns
- Feel stuck in old habits
- Want to change without shame
- Want to understand themselves more deeply

## What You'll Learn

You'll learn how to:

- Understand your patterns
- See where they came from
- Shift them gently
- Build new habits that support you

## What's Inside

- Lesson 1: What patterns are
- Lesson 2: How patterns form
- Lesson 3: How to shift patterns gently
- Lesson 4: How to build new habits

## Why This Matters

Patterns don't change through force. They change through understanding, safety, and gentle steps.

## How It Works

- Self paced
- Trauma aware
- Gentle steps
- Real life tools