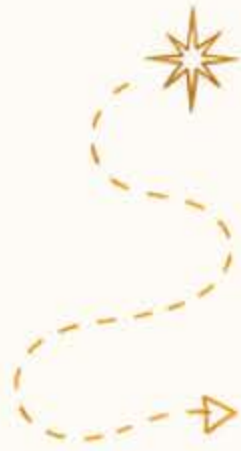




Pattern or Personality

Understanding yourself.



1 What are you noticing?

What thought, behavior, reaction, or experience are you questioning?



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Examples:

- I overthink.
- I avoid conflict.
- I need reassurance.
- I shut down.
- I get defensive.

2 What else might be true?

Circle any that apply.



Stress



Uncertainty



Conflict



Change



Fatigue



Waiting



Disconnection



Fear

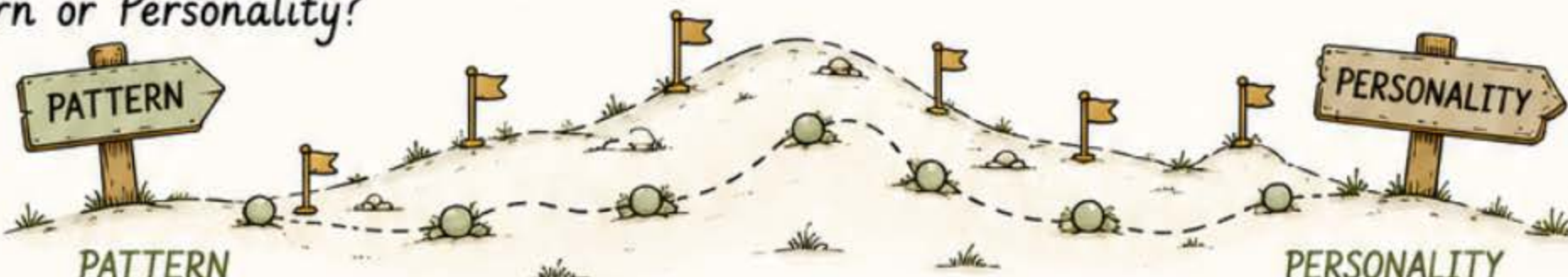


Something Else



3 Pattern or Personality?

Place an X somewhere along the path.



PATTERN
Shows up in some situations.

PERSONALITY
Shows up across most situations.

4 Gather More Information



When does this show up?

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When does this NOT show up?

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5 What story am I telling about myself?

If this were part of my personality, what would that mean about me?



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6 A Different Possibility

What if this is something I experience rather than who I am?

What changes when I see it that way?

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