

# Seeing the Patterns

A Gentle Journaling Guide to Notice Disempowerment  
Without Shame or Self-Blame

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This guide is not here to tell you what you're doing wrong. It's here to gently bring awareness to the places where you may be giving your power away — not because you are weak, but because you once needed to feel safe.

Disempowerment is not a flaw. It is a learned response — and anything learned can be unlearned with compassion.

## How to Use This Guide

Move slowly. Pause when you need to. If resistance comes up, that's information — not failure. Curiosity is more powerful than judgment.

## Journal Prompts

- Where in my life do I feel small, powerless, or resigned?
- What situations trigger me to freeze, please, or avoid conflict?
- When something feels hard, do I tend to blame myself, others, or circumstances?
- What do I tolerate that doesn't feel aligned with my worth?

- Where do I wait for permission instead of choosing for myself?
- What fears come up when I imagine disappointing someone?
- How does disempowerment show up in my body?
- If this pattern once protected me, what was it protecting me from?

Awareness is the first return to power. You are not here to judge yourself — you are here to understand yourself.

## A Gentle Invitation

If you're beginning to notice patterns that feel heavy or familiar, support can make this work feel safer and more grounded.

I offer 1:1 coaching for women who are ready to gently explore disempowerment patterns and begin reconnecting with their sense of choice, self-trust, and inner authority.

If it feels aligned, you're welcome to reach out by messaging **RECLAIM**. There is no pressure — only space to explore.

Nothing here means you are broken.

It means you are becoming aware — and that is powerful.