

Breaking Your Pattern

Getting to the root of why we feel or act a certain way helps us understand ourselves better. As a result, we can adjust our behavior accordingly, break negative cycles and make positive changes in our lives. Fill out the following prompts in just 3 steps to identify your triggers and learn how to successfully transform them.

STEP 1: What needs to change?

Reflect on a situation that had a strong, negative emotional influence on you.

<i>What happened?</i>	<i>How did that make me feel?</i>	<i>How did I react?</i>	<i>What impact did that have on the situation?</i>	<i>What could I have done differently?</i>
<i>Example: I was criticized.</i>	<i>Stupid, defensive, and hurt.</i>	<i>I lashed out with my words.</i>	<i>Feelings were hurt and escalated.</i>	<i>Calmly discussed the criticism.</i>

What thoughts did you have in that situation?

What dominant feelings did you notice emerging? Cross all applicable.

- | | | |
|----------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Fear | <input type="checkbox"/> Sadness | <input type="checkbox"/> Loss |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Rejection | <input type="checkbox"/> Embarrassment |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Insecurity |
| <input type="checkbox"/> Doubt | <input type="checkbox"/> Pain | <input type="checkbox"/> Other: _____
_____ |

What healthy beliefs could help you manage these reactions?

What are three small, positive actions you can take next time this situation arises?

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STEP 2: What has already changed?

Reflect on a situation that you handled successfully and what difference your positive adjustment made.

<i>What happened?</i>	<i>How did that make me feel?</i>	<i>How did I react?</i>	<i>What impact did that have on the situation?</i>	<i>What further steps can I take going forward?</i>

What thoughts did you have in that situation?

What dominant feelings did you notice emerging? Cross all applicable.

- | | | |
|--|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Acceptance | <input type="checkbox"/> Amusement |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Hope | <input type="checkbox"/> Curiosity |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Joy | <input type="checkbox"/> Affection |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Pride | <input type="checkbox"/> Other: _____ |

What healthy beliefs did you successfully affirm these reactions with?

What are three small, positive actions you can take to turn this into an established habit?

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STEP 3: Moving Ahead

Compare your two scenarios.

What common themes do you notice in both situations?

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What would help you as your shift from a negative pattern to a positive routine?

How will you track your evolution on your self-reflection journey?

- | | |
|--|---|
| <input type="checkbox"/> Journal | <input type="checkbox"/> Accountability Partner |
| <input type="checkbox"/> Calendar | <input type="checkbox"/> Audio/Video Diary |
| <input type="checkbox"/> Visual Timeline | <input type="checkbox"/> Other: _____ |

What is one difficult truth you courageously faced with this exercise?

Remember: Checking in with yourself free of pressure or judgment is critical to your well-being. You're welcome to return every once in a while to note your progress, compare your worksheets over time, and gain even more insight into your personal growth. Best wishes and good luck,

Your TerraYou Team