

Awareness Sheet #2 | Repeating Patterns

10 signs a pattern may be repeating in your life

Patterns rarely repeat because we consciously choose them. More often, they repeat because they have become familiar.

If any of the following feel familiar, a *repeating pattern* may be influencing your experience.

1. You keep facing similar frustrations

The circumstances may change, but the feeling remains familiar.

2. You find yourself asking the same questions

You feel as though you've been here before.

3. Similar relationship dynamics keep appearing

Different people, similar experiences.

4. You repeatedly make promises to yourself that are difficult to maintain

The intention is genuine, but the outcome remains unchanged.

5. You feel stuck despite wanting change

You know what you want but don't know what's required to get a different outcome.

6. You blame circumstances but notice a familiar outcome

Different situations produce similar results.

7. You react before you realise you are reacting

The response feels automatic.

8. You feel frustrated by your own behaviour

Part of you knows there is another way, yet the familiar pattern continues.

9. You recognise the pattern after it happens

Awareness arrives, but often afterwards.

10. You suspect there is something deeper beneath the surface

You sense the pattern is trying to reveal something important.



A Gentle Reflection

Ask yourself:

*** What keeps repeating in my thoughts, relationships, or decisions?**

There is nothing to judge.

Nothing to resist.

Simply notice.

Sometimes awareness begins when we stop asking:

"Why does this keep happening?". and start asking, "What might this be trying to show me?"

A space to pause | A space to listen | A space to return to you.

