



THE PATTERN RESET

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A simple practice for the moment you realize: *Oh shit. I'm doing it again.*

You can know better and still find yourself having the same reaction, getting pulled into the same dynamic, or making the same choice you swore you weren't going to make again.

That's not because you're incapable of changing.

You're not stuck. You're repeating.

Most of our automatic reactions were learned for a reason. They became familiar ways of protecting ourselves, getting our needs met, staying connected, or making sense of what was happening around us.

The problem is that a pattern can keep running long after it's stopped serving you.

And you don't have to completely understand it - or get rid of it - before you can begin choosing differently.

You just need to catch the moment when the pattern is trying to choose for you.

That's what this practice is for.



1. NOTICE

What just happened?

Start with what you actually know - not what you're afraid it means.

What happened outside of you? What happened inside of you?

Don't solve it yet. Just notice.



2. NAME

What's my familiar reaction here?

Maybe you want to shut down. Explain yourself. Please someone. Get reassurance. Prove your point. Fix everything. Avoid the conversation. Make yourself smaller. Take control.

Ask: **What do I automatically want to do right now?**

There is no wrong answer. You're learning to recognize your own pattern.



3. UNCOVER

What am I making this mean?

Underneath the reaction, there's often a story:

I'm not good enough.

They're upset with me.

I'm going to be rejected.

I have to fix this.

I'm not safe.

I don't matter.

You don't have to decide whether the story is true. For now, just notice that it's there.



4. CHOOSE

Now ask yourself: **If this old pattern weren't making the decision for me, what would I choose?**

You may still feel afraid.

You may still want to do the familiar thing.

That's okay. The goal isn't to never have the old reaction again.

The goal is to recognize that it's no longer your only option.

Every time you catch the pattern, you create a little more space between what happens to you and what you do next.

And inside that space is something incredibly powerful: **choice**.

You don't change your life by never going on autopilot again.

You change it by noticing when you're there - and learning how to take the wheel back.

You don't have to stop the old pattern from showing up. You have to stop letting it choose for you.

Suzanne C. Carver | the true YOU

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