

Pattern Identification Worksheet

Reality by Design • September

Your patterns create your reality. This worksheet helps you identify recurring patterns in your life, understand what you're getting out of them (the payoff), and design new, empowering responses that align with who you want to become.

Step 1: Recognizing Recurring Patterns

Identify a pattern that keeps showing up in your life—a behavior, situation, or outcome that repeats.

Pattern #1: What keeps happening?

Examples: Always attracting unavailable partners, procrastinating on important projects, getting into conflicts with authority figures, self-sabotaging when close to success

When does this pattern typically show up?

What triggers it? Specific situations, people, emotions, or times?

How long has this pattern been part of my life?

Step 2: Identifying the Payoff

Every pattern, even destructive ones, provides some benefit or protection. What are you getting from this pattern?

What do I gain from this pattern? (Even if negative overall)

Examples: Avoid risk/failure, feel safe, get attention/sympathy, maintain control, avoid vulnerability, stay comfortable

What am I avoiding by maintaining this pattern?

What is the COST of this pattern?

What opportunities, relationships, growth, or happiness am I sacrificing?

Step 3: Creating New Responses

Design a new pattern that serves your highest good while still honoring the valid need behind the old pattern.

What new response would I like to create instead?

Describe the ideal behavior, thought, or outcome you want to experience instead.

What would trigger my new response?

What will be your cue to choose differently? A phrase, action, or reminder?

First 3 steps to begin creating this new pattern:

- 1.
- 2.
- 3.

Affirmation or mantra to support my new pattern:

Example: "I choose courage over comfort" or "I am worthy of love and success"

Repeat this process for each major pattern you want to transform.