

Why Do I Keep Repeating the Same Patterns?

A Self-Growth Guide for Understanding and Changing Unconscious Behaviors

Introduction

Sometimes, we find ourselves stuck in behaviors we don't understand. Making the same choices. Reacting in ways we promised ourselves we wouldn't. Feeling trapped in cycles that drain or confuse us. Not because we're weak, but because, at some point, those behaviors felt safer than something else.

This printable, psychology-informed worksheet was created for those moments when you pause and ask: *"Why do I keep doing this?"*

I encourage you to revisit this exercise more than once, and to meet yourself with honesty each time. **Self-knowledge is the key to transforming unconscious choices.**

Step 1: Notice Without Judgment

If you've realized you keep repeating a certain pattern, know this: You're not failing, **you're protecting yourself.** Patterns often form to help us avoid discomfort, rejection, or vulnerability.

Reflect:

- *What pattern have I noticed in my life?*
 - *How do I feel when I realize I'm repeating it?*
 - *When do I remember first experiencing this?*
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Step 2: Explore the Hidden Purpose

Ask yourself:

- *What does this pattern protect me from?*
- *What uncomfortable feeling or situation might I be avoiding?*
- *How does this pattern feel "safe," even if it leaves me unsatisfied?*

Example insight:

"This pattern helps me avoid feeling rejected, even though it also leaves me feeling disconnected."

Step 3: Name the Pattern

Complete this sentence:

"I've been choosing _____ to avoid _____."

Example:

"I've been choosing emotional distance to avoid the risk of being hurt."

Naming your pattern helps you see it as something separate from who you are.

Step 4: Practice Conscious Choice

Each time you notice your pattern appearing:

- Pause.
 - Ask yourself: *Is this my usual safety strategy—or is this what I truly choose?*
 - Experiment gently with new responses, even if they feel unfamiliar or uncomfortable.
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Step 5: Address the Fear Beneath the Pattern

Every pattern has a fear underneath it. Ask yourself:

- *What's the worst thing I fear will happen if I break this pattern?*
- *What do I believe this pattern protects me from?*

Then ask:

- *Is that fear true, or is it just familiar?*
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Step 6: Work with Your Body and Emotions

Patterns aren't just mental; they're stored in your nervous system.

- Notice when you feel tense, numb, or anxious.
 - Pause. Ground yourself.
 - Practice sitting with discomfort a little longer each time – very important!
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Step 7: Keep Choosing Awareness

Every time you *notice* the pattern is progress. You're learning to choose, rather than react automatically.

Affirmation:

"Every small moment of awareness is a step toward change."

Final Reflection

"What if my pattern isn't who I am—but a story I learned to protect myself?"

Support & Next Steps

I Am Here for You!

Thank you for taking this step toward emotional clarity and self-worth.

If this guide brought insight, tenderness, or new questions, you don't have to hold them alone. **You're welcome to share your reflections with me at:**

✉ andressamartinspsychotherapy@gmail.com

If this reflection opened something deeper, you may wish to explore **working with me through a one-on-one session or ongoing support**. Learn more or book a session here:

✉ [Services - Andressa Martins Psychotherapy](#)

If you'd like to continue this journey, I invite you to **visit my blog**, where I share deeper reflections, psychological insights, and practical perspectives on self-worth, emotional healing, and personal growth:

✉ [Blog - Andressa Martins Psychotherapy](#)

**With warmth,
Andressa**