

Understanding My Pattern

PROCESS

Review the questions and jot down some key words and phrases.

Be prepared to share your responses at the beginning of our next session.

Your Experience Based On Our Conversations So Far

Here are things I understood from our initial conversation.

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1. What do you make of all of these points?
 2. Looking at the bigger picture and taking a mile-high view, what do you conclude at this point?
 3. What would a close, dear friend make of all of this?

Positive Feedback Loop

1. Looking back over the last two years, what are the key behaviors and/or thoughts that you have noticed yourself repeating that have added to your current feelings?
2. What are all the drivers that seem to keep you stuck?
Internal ones? External ones?
3. What is the positive feedback loop that is operating to keep you in limbo?
“The more [X] happens...the more[Y] happens...” or
“The more I... the more I”
4. If this is a hole you have dug yourself into, what was the shovel you used?
5. If you were to give your stuck pattern a tag line, what would it be?

If I Were To Fail

Complete this sentence. Any ending is OK. Don't edit, just let the ideas flow.
Try for 25 endings.

“If I were to fail, I would...”