

Patterns & Growth Mini Journal

A short, practical writing companion for noticing a repeating pattern and choosing one next step. Use one page at a time; you do not need perfect answers.

Start with curiosity

Choose a recent moment that felt frustrating, familiar, or emotionally loud. You can skip any prompt that does not feel useful.

What pattern have I noticed lately?

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01 · Notice the pattern

Choose one specific situation, rather than trying to describe your entire life.

What happened? (facts only)

What did I notice in my thoughts, feelings, and body?

What did I do next?

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02 · Name the familiar response

Patterns can be ways we learned to cope. Notice the response without judging yourself.

Which response showed up?

Examples: over-explaining, withdrawing, people-pleasing, staying silent, rushing to fix, replaying, or seeking certainty.

What was this response trying to protect or accomplish?

What does it cost me now?

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03 · Choose a small shift

A new response does not need to be dramatic. Start with something realistic and within your control.

What matters to me in this situation?

What is one different action I could try next time?

A sentence I could say or remind myself:

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04 · Plan for the hard moment

It is easier to practice a new response when you have a simple plan before the moment arrives.

When I notice this cue...

I will pause, then try...

Support or resources I can use:

How I will know I practiced - even if it felt uncomfortable:

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05 · Return and reflect

After you try your new step, come back to this page. Progress is practice, not perfection.

What did I notice when the pattern showed up again?

What helped me make a different choice, even briefly?

What will I keep, adjust, or ask for next time?

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