

PATTERN MAP

Trace the circuit from childhood to habit. One relational pattern, tracked from what sets it off now, back to what was missing then, forward to what it actually costs you to keep running.

01 // WHAT THIS IS

A CIRCUIT DIAGRAM, NOT A COURTROOM CASE

"Why do I keep doing this" is one unanswerable question. This worksheet breaks it into five answerable ones: what triggers it now, what was missing growing up, the adaptation you built, how it shows up today, and what it costs to keep running. You're not here to prove anyone guilty. You're here to trace the wiring so you can find the switch.

02 // HOW TO USE IT

- 1. Name the trigger.** One recent moment, not a general pattern: a tone of voice, a silence, a specific person, a type of conflict.
- 2. Find what was missing.** Growing up, what wasn't reliably there? Reassurance, repair, attention, safety, consistency.
- 3. Name the adaptation.** What you learned to do about that gap: perform, hide, fix, over-function, disappear. It made sense at the time.
- 4. Track how it shows up now.** The automatic habit today: over-explaining, shutting down, people-pleasing, testing people.
- 5. Name the cost.** Not the story about why it's justified. The actual price: energy, closeness, time, trust.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Use it on one specific, recent moment, not your whole childhood at once. That's usually what makes the missing piece easier to spot. If tracing the origin opens something bigger than the moment you started with, that's a signal to bring it into a session rather than work it alone. This supports therapy and personal insight work; it isn't a substitute for working with a licensed clinician.

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PATTERN MAP

DATE

THE PATTERN / HABIT

01 // TRACE THE CIRCUIT

1. The Trigger

What set it off right now. One specific, recent moment.

2. What Was Missing

The gap that was there growing up: reassurance, repair, attention, safety, consistency.

3. The Adaptation

What you learned to do about it. The strategy that made sense at the time.

4. Shows Up Now

The automatic habit today, in present tense.

5. The Cost

The actual price, not the justification: energy, closeness, time, trust.

ONE SMALL COUNTER-MOVE

WHAT I'D NEED TO TRY IT

THIS ISN'T A COURTROOM CASE. IT'S A CIRCUIT DIAGRAM. TRACE THE WIRING, FIND THE SWITCH.