

Break the Pattern

Worksheet I: Your Pattern's Phases



1. The Start: What/ when is the moment that you know your problem is back?

- What do you do?

-How do you feel/ what thoughts do you have?

2. The Active Phase: What is happening while the problem persists?

-What do you do?

-How do you feel/ what thoughts do you have?

3. The Crisis: What/ when do you say “I can’t take any more”?

-What do you do?

-How do you feel/ What thoughts do you have?

4. The Relief: What is the first moment you feel like you are free from the problem?

-What do you do?

-How do you feel/ what thoughts do you have?

5. The Dormant Phase: What is happening when you feel like its no longer a problem?

-What do you do?

-How do you feel/ what thoughts do you have?