

Recognizing Your Patterns - Mini Worksheet

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Emotional Struggles

- ☐ I constantly doubt my abilities, even when I have evidence of success.
- ☐ I feel anxious or uneasy most days, even when there's no clear reason.
- ☐ I'm highly critical of myself and struggle to celebrate my accomplishments.

Relationship Challenges

- ☐ I struggle to trust others and often feel the need to protect myself emotionally.
- ☐ I tend to push people away when they get too close.
- ☐ I feel lonely, even when I'm surrounded by people.

Career or Life Goals

- ☐ I avoid taking risks or pursuing opportunities because I'm afraid of failing.
- ☐ I procrastinate or talk myself out of starting projects, even ones I care about.
- ☐ I feel stuck, like I'm spinning my wheels without making real progress.

Well-being

- ☐ I feel physically or emotionally drained, as if life is wearing me down.
- ☐ I often feel like I'm not doing 'enough,' no matter how much I accomplish.
- ☐ I avoid situations that challenge me, even when I know they could help me grow.