

Circumvent Bad Patterns

Questions to ask yourself when you notice a pattern taking hold

Questions to Ask Yourself to Circumvent Bad Patterns:

SELF-REFLECTION

Ask Yourself These Questions

What are the early warning signs of my pattern?

What happens when I start to slip into that cycle?

What works for me to break that cycle before it gets out of hand?

And here's the big one: Am I willing to do what works to stop the cycle?

Awareness is the first step. Willingness is the hardest.

Come back to these questions any time you feel a pattern pulling at you.

You already know what works. The question is just: are you willing?