

# *Self-Reflection & Awareness*

Name the pattern, that you would like to work with today:

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Write down one concrete example of where this pattern showed up recently. What happened?  
How did you react and how did you feel in this moment?

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What happened right before the trigger?

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What did your system do to solve the situation internally?

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Exercise: The ‘without it...’ experiment

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What is the worst thing about that?

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Write 1-3 sentences in first person, present tense.

Goal: it should feel uncomfortable but true.

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“You can’t pour from an empty cup, take care of yourself first.”