The Same-Pattern Check

Pick one situation you are tired of repeating. Write what happened and what you did. Keep other people's choices separate from the part you can change.

1 / THE SITUATION

What happened? Describe facts you could observe.

2 / MY RESPONSE

What did I actually say, do, avoid, or agree to?

3 / THE DEAL

What did that response give me right away? What did it cost later?

4 / THE EARLIER SIGN

What cue could I notice before I make the usual choice?

5 / THE NEXT-TIME PLAN

If I notice _____, I will _____ before I repeat the usual response.

Start with one repeat. Then practice a different response.

The complete 32-page workbook is $27 once. Optional guided audio: $17 once.

forgetthegym.com/bullshit-on-repeat

Educational self-reflection, not therapy or financial advice. You are not responsible for another person harming you. Choose appropriate support when needed. Printable, non-fillable worksheet.

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