

Discovering the Hidden Patterns in Your Relationships

If you haven't read our blog post *The Hidden Patterns that Shape Your Relationships*, do this first! Then, come back and use this guide to help you explore patterns in your relationships.

Most relationship problems aren't caused by one bad conversation. They develop through repeated patterns of interaction. The first step toward change is recognizing your pattern of response. Awareness creates choice. When you identify your pattern, you can begin to ask yourself "How do I want to respond differently than I usually do?"

Use the prompts below to reflect on your interactions and identify where you want to see change.

What is one relationship that feels challenging:

What is the interaction that keeps repeating:

When this interaction takes place, how do you usually respond:

In thinking about your response, what feelings come up with that response?:



As you think about those feelings, how do you see your response connecting to those feelings:

In what other interactions in this relationship do you notice similar feelings and/or responses:

Once you recognize a pattern of interaction based on your feelings and responses, you can choose to respond differently, even if you have the same feelings. Below, write 3 alternative responses that you could use instead of how you typically respond:

1.

2.

3.

Now that you have alternative responses, you can try them out. They each may work out differently, so try all 3 before you decide which one works best. You can record how they went below:

1.

2.

3.

If you'd like help recognizing the patterns shaping your relationships, understand how those patterns developed, and work together toward healthier ways of connecting, we'd be honored to walk alongside you.

Reach out to **The Greenhouse Collective** to schedule an appointment. Give us a call at 863-225-2794 or email us at info@grnhouseco.com.

This growth guide is for informational purposes and is not intended to diagnosis, assess, provide treatment, or advice. The use of this guide does not establish a therapist-client relationship.