

Pattern Recognition

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

Recognizing your patterns is the first step toward real change. You cannot change what you cannot see. This worksheet helps you step outside your immediate behavior and look at it from the outside — as a neutral observer recording observations without judgment or self-blame.

- 1 Fill it in a calm state:** Avoid documenting your patterns when you are actively frustrated or upset, ensuring that your observations remain completely objective.
- 2 Be completely honest:** Remember that no one will review this document but you. Absolute honesty is the key to your personal awareness and freedom.
- 3 Document reality:** Write down what actually happens in your daily life, rather than what you feel "should" be happening.
- 4 Refill periodically:** We recommend completing this review every two weeks to actively monitor your progress and track emerging pattern changes.

Recommendations for the printed version:

- Print two copies: one for initial rough reflections, and another for your final organized record.
- Use a single, consistent pen color per session to easily differentiate your mindset across different time periods.
- Do not erase or cross out entries; what may feel like a mistake today could become a vital protective insight tomorrow.
- Keep all previous editions in a single connected folder to visually measure your personal evolution and growth over time.

Begin by mapping your behaviors to understand their context. When does the urge appear? Where are you? Who is with you? What immediate trigger precedes it?

• Section 1: Critical Times

At what specific times of the day do you experience the strongest urges? (e.g., right before sleeping, immediately after work, or upon waking up)

• Section 2: Triggering Places

What geographical environments or physical settings automatically associate in your mind with the behaviors you want to change?

• Section 3: Emotional States

What internal feelings or emotional shifts regularly precede the urge? (e.g., loneliness, boredom, mental stress, or physical exhaustion)

• Section 4: Influential People

Are there specific individuals whose presence activates the urge? Or, conversely, is the urge linked to complete isolation?

My Behavior Loop

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Every repetitive behavior follows a closed cycle called a behavior loop. Trace the stages of your own loop to identify where to break it:

1

The Initial Trigger

What event, location, or sudden thought typically initiates your behavioral cycle?



2

The Arising Urge

How does the urge manifest physically and emotionally in the first moments of its arrival?



3

The Habitual Response

What is the automatic action or behavior you typically engage in when responding to this urge?



4

Temporary Relief

What fleeting sense of relief or immediate satisfaction do you experience after acting?



5

The Aftermath / Regret

What feelings arise after the temporary relief fades? How does this affect your overall balance?

✦ Reflective Guidance to Disrupt the Loop

Where is the weakest link in this cycle that you can easily disrupt? What alternative, conscious choice will you practice next time at stage (1) or (2) to halt progress to the later stages?

"Whatever remains in the darkness of the unconscious repeats as fate, but what is brought into the light of your attention is liberated as a choice."

Simply taking the time to map and document these patterns with courage and complete honesty is a massive milestone that many never reach. You are no longer living your habits blindly on autopilot; you are observing them intelligently and navigating your choices with fresh, active awareness.

Maintain this quiet focus throughout your personal journey and always remember:

Do not exhaust yourself striving for perfection — direct all of your dedication toward consistency alone.

Access more assessment and pattern-tracking tools:
tamkinly.com/recovery

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Return to your truth