



A WORKSHEET FOR PERSONAL WORK

Why You Keep Doing the Thing You Don't Want to Do

A short worksheet for finding the job your pattern is doing



You already know the pattern. You've named it, promised to stop, tried harder, and found yourself right back in it. That's the frustrating part: understanding it from the outside hasn't changed it.

Here's why. The thing you can't seem to break is *doing a job*. It makes sense to a part of you, even when it makes no sense on the surface. You can't out-muscle something you haven't found.

So we're not going to try harder. We're going to find it.

Work through these slowly. There are no right answers, and no one is grading this. You're just looking for the moment something clicks into place.

01 Name it plainly

Not the big story about it. Just the thing itself.

The thing I keep doing that I wish I'd stop

Keep it small and specific. "I go quiet when I'm hurt" is more useful than "I have trust issues."

02 Notice when it shows up

Patterns aren't random. They tend to arrive at a particular moment, around a particular kind of person or feeling.

It usually shows up right when

The feeling just before it starts is something like

03 Find what it's protecting

This is the turn. The pattern isn't the problem. It's a solution to something: something you'd rather not feel, risk, or find out.

Right before I do it, I think I'm avoiding

If I didn't do it, the thing I'd have to feel or face is

If that second line was hard to write, you're in the right place. That's usually what the whole pattern is built around.

04 Remember when it made sense

Nobody builds a pattern for no reason. Somewhere back there, this was the smart move. It kept you safe, kept the peace, got you loved, got you through.

There was a time when doing this was exactly the right call. Back then, it protected me from

You're not broken. You learned something that worked. That's different.

05 Ask if it's still true

Old learning keeps running on old information. The question isn't whether the pattern ever made sense. It's whether the thing it's still protecting you from is still there.

The danger it's guarding against: is it still true today, in this part of my life?

What's actually different now

06 The one question to carry

You don't have to force anything today. Change starts the moment the reason stops holding. Sometimes just seeing it clearly is enough to loosen the grip.

Next time I feel it coming, the question I want to ask myself is



If this opened something up

Sometimes seeing the pattern is the whole turn. Sometimes it's the start, and there's more underneath than one worksheet can reach. Either way, you don't have to figure it out alone, and you don't have to shame yourself into changing it.

That's the work I do with people. I help you find the why underneath the thing that keeps happening, so change stops feeling like a fight with yourself and starts feeling like a decision.

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