

Default (Avoidance) Patterns

These are patterns that you automatically slot into when things are difficult.

Identify how many default patterns there are to heal and for each one identify:

The default pattern, the age it started and the need that needs to be satisfied

Default Patterns	Satisfy the Need to
Ungrounded Feeling not good enough / Undeserving Mistrust Not letting your Pure Essence shine through Believing old scripts Blame other people or things Helping others rather than self / Victim-Rescuer Want others to change Over-thinking / Unaware Worry and stress / Automatic stress response Yes, BUT.....I don't feel anything BUT I have to BUT I don't believe..... Fears Be unwilling / Feel unready Unable to change I don't believe it will work Self-Pity / Poor Me / Sorry for self Lying I don't know who I am Non-acceptance Not truly accepting who you are or your needs Stuck in the drama of situations Dwelling on the negative Arrogance –Knowing I am right Too easily daunted – poor determination Perfectionism Put it off until another time - Prevaricate Pessimism / Martyr Enjoying the attention my problems bring me Jealousy / Feeling hard done by Feeling traumatised (from accident, operation etc) Making excuses Judgement / Self-Judgement Setting the bar too high and berating self Item from Limiting patterns / Creating Inspiration from Limitation / Moulds of Discontent etc	Have Faith / Trust Be your Pure Essence To matter Fulfilment Response-ability - able to respond in the best way (Self) Determination Tenacity - Don't give up Awareness Acceptance Do things 'Just well enough' Self-Knowing Action Meditation Heart-Centred Self-Worth Self-Esteem Self-Love Self-Contemplation Self-Discovery Focus Give yourself everything you want from others Be ready, willing and able Know that if one person has healed then you can too Realise you have nothing to lose Make a decision and take action Do what will help you understand & heal Take the first step Envision everything that you want your life to be Think positive thoughts Able to attract the things that you want/need Clear emotion and 'Just do it' Celebrate Life Give yourself a reward / Pat yourself on the back Hope Sufficiency Item from Needs list