Pattern diary

A record of one time a life pattern was triggered, and how you responded.

Name _____ Date _____

What happened? (The trigger)

What I felt, in my emotions and body

What went through my mind

What I did, or wanted to do

Which life pattern was this? Which part of me took over?

What does this remind me of from earlier in my life?

What fits the present situation

What belongs to the past

Where is my reaction bigger than today's event?

What my healthy adult would say about it

What my healthy adult would do

What I did in the end, and how it turned out

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