

A FREE MINI-WORKSHEET · BREAK THE LOOPS

The Loop Map

Find the pattern you keep repeating



“Patterns don’t repeat to punish you. They repeat to show you something you haven’t fully seen yet.”

FORVIAN | THE HOUSE OF LEGACY

RETURN TO SELF · INNER RESET

Why does this keep happening?

Different situations, different people, different moments, and somehow the same feeling, the same outcome, the same frustration. Every time, you tell yourself this time is different. And eventually it leads you back to the same place.

On the surface everything looks new. Internally it feels familiar. That is the sign. You are not experiencing random situations. You are moving inside a pattern.

“Familiar does not mean aligned. It means known. And what is known feels safe, even when it’s limiting, even when it hurts.”

A pattern is not just what happens externally. It is what feels familiar internally: the way you react, the way you interpret, the way you choose. Most of the time these are not fully conscious. You are not choosing them actively; you are repeating them automatically, because they feel known.

So this worksheet asks one different question. Not “why is this happening to me?” but “*what is repeating here?*” Write honestly and specifically: a real moment, a real sentence, a real place. Nobody else needs to read it. It works best after watching the free session *The Patterns* (about two minutes).

BEFORE YOU MAP IT

What keeps happening to me, with different people or in different places?

What is the familiar feeling inside it? Where do I usually end up?

The same feeling, the same outcome, the same frustration.

Where have I told myself “this time is different”?

Where has this same structure appeared before in my life?

Don’t judge it. Only connect it.

Map one loop

Choose the loop you most want to understand. Give it four parts. The last one matters most: a loop that kept you safe once loosens when you can see what it has been protecting.

1 · TRIGGER
What begins it: a tone, a request, a silence

2 · REACTION
What I do automatically

3 · OUTCOME
Where it usually ends

4 · WHAT IT PROTECTS
What it keeps safe or familiar for me

What is repeating here? Say it in one sentence.

THIS WEEK Whenever you feel frustration or heaviness, pause and ask: *what is repeating here?* Don't try to change anything yet. *"Once you see the pattern clearly, it loses its power."*

IF THIS PAGE SHOWED YOU SOMETHING

Break the Loops is the full path.

This worksheet is one step from the second of six sessions. The complete program takes you from where the distance began to how you stay aligned: six short guided video sessions (about 20 minutes in total), a 39-page companion e-book, and the full Pattern Identification Worksheet with your personal Loop Map.

One-time payment of \$39. Private and self-paced.

Until 30 October, a Personal Pattern Review & Guidance is included.

BEGIN HERE: [\[OFFER LINK\]](#)

This worksheet is a reflective, self-guided tool. It is not therapy, medical treatment or a diagnosis, and not a substitute for professional mental-health care. If what comes up feels too heavy to hold alone, please reach out to a qualified professional or your local emergency services.

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