The Relationship Pattern Recognition Guide
Understanding & Breaking Free from Unconscious Relationship Cycles

Introduction

We all carry invisible scripts from our past that influence our present relationships. This guide will help you identify recurring patterns, understand their origins, and take the first steps toward creating healthier relationship dynamics.

Part 1: Identifying Your Patterns

Your Relationship Timeline

Take a moment to reflect on your past relationships. In the space below, list your significant relationships and note any similarities you observe:

• How did each relationship begin?

• How did you feel during these relationships?

• How did they end?

• What traits did your partners share?

Red Flags vs. Familiar Comfort

Sometimes what feels comfortable isn't what's healthy. Check which patterns resonate with you:

☐ You're drawn to partners who need "fixing"

☐ You often feel responsible for your partner's emotions

☐ You find yourself making excuses for your partner's behavior

☐ You fear abandonment even in stable relationships

☐ You struggle to set or maintain boundaries

☐ You prioritize your partner's needs over your own
☐ You're attracted to unavailable or committed people
☐ You expect relationships to end badly
☐ You feel unworthy of genuine love and affection

Part 2: Understanding Your Programming

Your Childhood Blueprint

Our earliest experiences of love and relationships shape our expectations. Consider these questions:

1. **What was your parents' relationship like?**
2. **How was conflict handled in your childhood home?**
3. **Did you feel emotionally safe and supported?**
4. **What did you learn about love and relationships growing up?**
5. **What promises did you make to yourself about relationships?**

The Unconscious Mind's Role

Your subconscious might be seeking:

• **Familiar emotional states from childhood**
• **Opportunities to "fix" past hurts**
• **Validation of limiting beliefs**
• **Completion of unresolved situations**

Part 3: Breaking Free

Self-Awareness Practices

1. **Daily Journaling: Track your emotional responses in relationships**
2. **Pattern Interruption: Notice when you're falling into familiar dynamics**

3. **Body Awareness:** Pay attention to physical sensations during relationship interactions
4. **Mindful Observation:** Watch your thoughts without judgment

Creating New Patterns
- Define your non-negotiables in relationships
- Practice setting healthy boundaries
- Challenge your limiting beliefs about love
- Choose partners based on present behavior, not potential
- Trust your intuition
- Prioritize self-respect over familiar comfort

Part 4: Moving Forward

Your New Relationship Blueprint
Create intentional statements about:
- What you deserve in relationships
- How you want to feel with a partner
- Your boundaries and deal-breakers
- Your commitment to self-respect

Action Steps

1. Begin therapy or hypnotherapy to process past experiences
2. Join support groups focused on healthy relationships
3. Practice self-compassion daily
4. Develop strong friendships and support systems
5. Celebrate small wins in changing patterns

Remember: Awareness is the First Step
Recognizing your patterns doesn't mean you're broken – it

means you're ready to grow. Every relationship in your life has been teaching you something valuable about yourself.

Next Steps
Ready to dive deeper into transforming your relationship patterns?

Book a hypnotherapy session: anastasiahypnotherapy.com
Follow for daily insights: (facebook,instagram, tictoc and youtube) anastasiahypnotherapy (X) anastasiahypno1

A Personal Note
Change takes courage, and by downloading this guide, you've already shown tremendous strength. Your past patterns don't define your future relationships. With awareness and support, you can create the loving, healthy relationships you deserve.

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