

Week 2: Trapped Inside Your Pattern

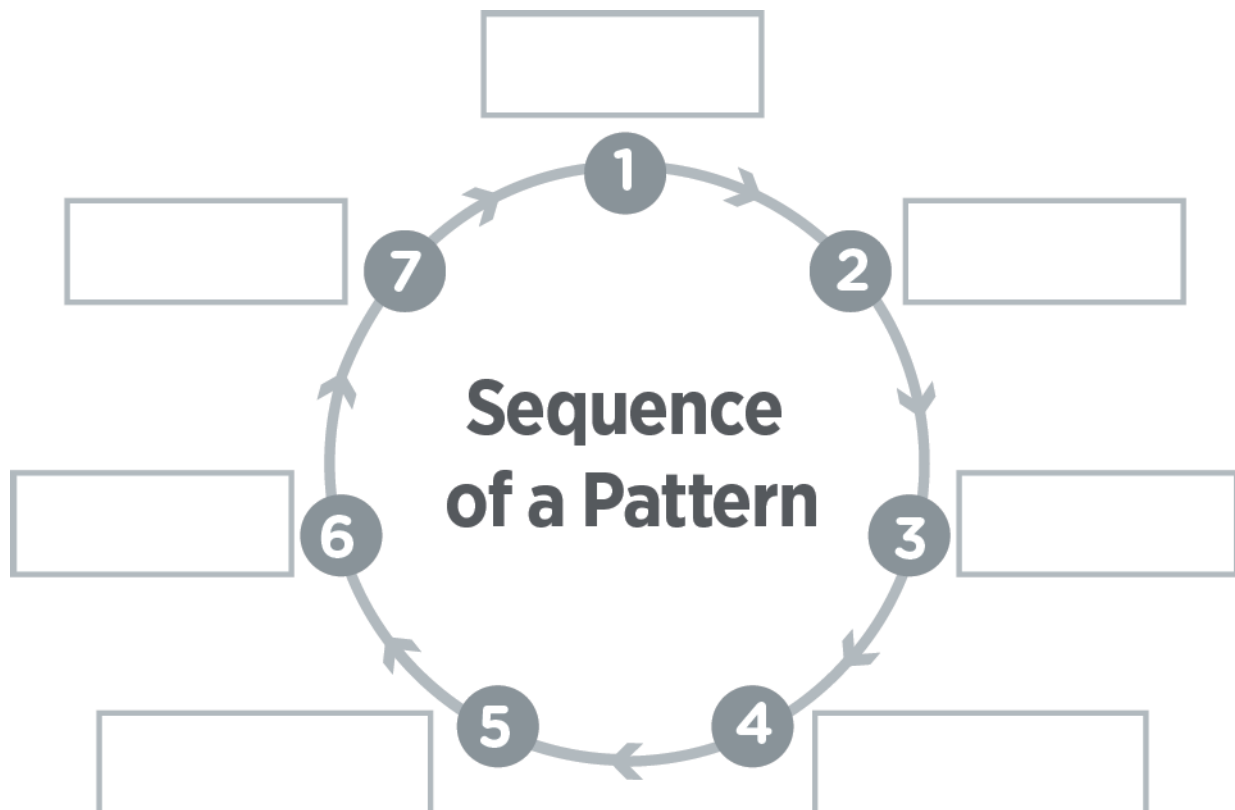
SELF-REFLECTION

What is your current relationship with your body? What was your reaction to the four statements?

1. Your body has its own wisdom _____
2. Your body is in control _____
3. Your body can be trusted _____
4. Your body knows what you need _____

(Fill in the blanks)

Mind is the wisdom of _____ and _____. Body wisdom is the wisdom of _____.



SELF-REFLECTION

What insights are you gaining regarding control? Have you tried to use control in the past? Did it work? If so, how much diligence and effort was required?

The sequence demonstrates that conscious awareness occurs after the action the pattern takes is already underway. How does it feel to know that your patterns are in control of your actions?

(Fill in the blanks)

The four traps are _____, _____, _____ and _____.

These traps come into play when you try to use _____ to go against the action the pattern wants you to take.

When you are justifying, your sentences will be peppered with the word _____.

_____ is the most dangerous trap because it feels _____.

SELF-REFLECTION

Do you beat yourself up, make yourself wrong, or in some other way blame yourself when things don't work out? How does knowing how patterns and traps operate, change the way you are relating to yourself?

SUMMARY OF THE FOUR TRAPS

ANALYSIS

- When caught in analysis, your mind tries to understand your experience, rather than just identifying your experience.
- Signs that you are caught in the analysis trap:
- You are looking to understand or explain your situation.
- This trap will often invite you to question “Why?”
- It will often draw on expert opinion, past learning or experience.
- You will remember situations from your past or present that seem to relate to the one you are in now.
- You may have difficulty observing emotions or physical sensations (analysis requires judgement, not observation)

JUSTIFICATION:

- When caught in justification, the mind determines what is right and cuts off all other options.
- Here are the signs that you are caught in the justification trap:
- Your arguments for why you must or mustn't do something appear logical and necessary.
- There is an emphasis on the word 'because'.
- You tend to flip flop between two arguments. 'I must do this because of XYZ, but I can't do it because of ABC'.
- You are making a lot of excuses for why you must or mustn't do a thing.

CATASTROPHIZING:

- When trapped in catastrophizing, the mind is making things bigger or worse than they need to be—often accompanied by a feeling of being powerless and weak in the face of things.
- Signs you are caught up in this trap:
- Things feel bigger or worse than they are.
- It can be difficult to think clearly (white noise) or alternatively, you might not be able to turn off the thinking (ruminating).
- You experience exaggerated emotions and physical sensations that may even result in panic attacks or rage.
- You are more likely to blame yourself than others when caught in this trap.
- This trap can lend itself to magical thinking. 'I am responsible for bad things happening because I can't control my thoughts'.

REBELLING

- When rebelling, the mind is resisting doing the technique. This trap is often accompanied by a feeling of being powerful and in control.
- Signs you are caught up in the rebel trap:
- You feel powerful, controlled, stubborn, ornery.
- The thought will be some version of “you can't make me” or “screw you”.
- You will be blaming others or the situation. “It's the authority's fault. It's such a person's fault.”
- Others will accuse you of having a chip on your shoulder or being unreasonable.

Activity #1: Uncovering Traps - DO THIS ACTIVITY ONLY ONCE.

Today only, deny yourself something that you normally do consistently. For example, if you enjoy an evening cocktail, dessert after dinner, a morning coffee, browsing social media, tell yourself you will not do that today and explore what occurs as a result.

Observe the nature of your trap. Which of the following shows up; Analysis, Justification, Catastrophizing, or Rebellion? You might encounter one or a combination of them.

You only need to do this once this week. Remember you are just observing – so do your best not to make yourself wrong. Use curiosity. This is NOT an exercise in control. It's up to you whether you indulge or not after you finish the activity.

Rest assured you are not staying here! However, before you can fully deconstruct your patterns, you will need to know and understand your traps. This activity will help you do just that.

Activity #2: Daily Repatterning

This week you will continue to observe and identify the patterns under the list items. If a trap gets triggered when you are observing the sensations, then capture the name of the trap in the observation column. Also note that this week, the items that you are to identify will change daily. Use the item as indicated on the charts.

DAY 8					
Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #2					
Impact List #2					
Make Wrong List #3					
Impact List #3					

Tip of the day

In the beginning, you will likely encounter many traps. Labelling the trap is enough. Your job is to catch them, not to judge them.

Don't make the number of times you encounter the traps mean anything about you or about your ability to use this technique effectively. As you keep catching the traps, they will loosen their grip.

Also, don't think that trap is always present. It is there when it is there (if that's the case label it), it is not when it is not (if that's the case, write down whatever you notice in the observation column).

DAY 9

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #3					
Impact List #3					
Make Wrong List #2					
Impact List #2					

Tip of the day

Even though the desire to understand our patterns can be tempting, it is important to catch this as the analysis trap. There is only one answer to the question, "why" - as in, "Why am I like this?" or, "Why did I do that?" and that answer is, "because my patterns made me do it."

If you are questioning why you do what you do, this week catch this as the analysis trap.

DAY 10

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #2					
Impact List #2					
Make Wrong List #4					
Impact List #4					

Tip of the day

The catastrophizing trap makes things bigger and worse than they need to be. With every thought becoming sensory data (as the sequence shows) our thoughts exaggerate our experience, making us worry more, panic more, feel deeper shame than is required. Catastrophizing is also responsible for our exaggerated need for perfection. It tells us that perfect is better than done and, in that way, stops us from taking the necessary steps towards our goal.

DAY 11

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #5					
Impact List #5					
Make Wrong List #4					
Impact List #4					

Tip of the day

Patterns aren't logical, and they don't make sense. It is the justification trap that makes up reasons for why you do what you do or reacted as you did. Justification will tell you that you don't have enough time, money, resources or that you're too old, too young, too thin, too fat.

All of these excuses are just a way for the mind to keep you trapped in old, unworkable actions. Knowing that there is no logic in patterns will help free you of the mind's desire to make up excuses for old patterns that no longer support you in your dreams and desires.

DAY 12

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #3					
Impact List #3					
Make Wrong List #5					
Impact List #5					

Tip of the day

A pattern is a pattern, and there are no big patterns or small patterns. It is only the traps that make some of our patterns appear bigger than others. As you identify your patterns if you find yourself thinking, "this is a big one", or "this one is deep" catch that as the catastrophizing trap.

DAY 13

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #4					
Impact List #4					
Make Wrong List #2					
Impact List #2					

Tip of the day

Analyzing is very much encouraged in today's culture, and you will often be invited to consider what is right and what is wrong. Identifying patterns is done free of analysis. To analyze, you must judge. To identify, you must be curious. Curiosity and judgement cannot exist together.

DAY 14

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #5					
Impact List #5					
Make Wrong List #6					
Impact List #6					

Tip of the day

The rebel trap is interesting in that it starts with a need to obey the rules. Under every rebellious feeling there lies a rule-obliging "good" boy or girl. If you find yourself caught in this trap, become aware of the underlying rule or authority that the pattern insists you must either follow or rebel against.

Congratulations on completing this week's activity.
Your next discovery session is now open