



Why You Keep Falling Into the Same Patterns

and how to start breaking the cycle

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You say you want to change...
but you keep going back.
Back to the same habits.
The same reactions.

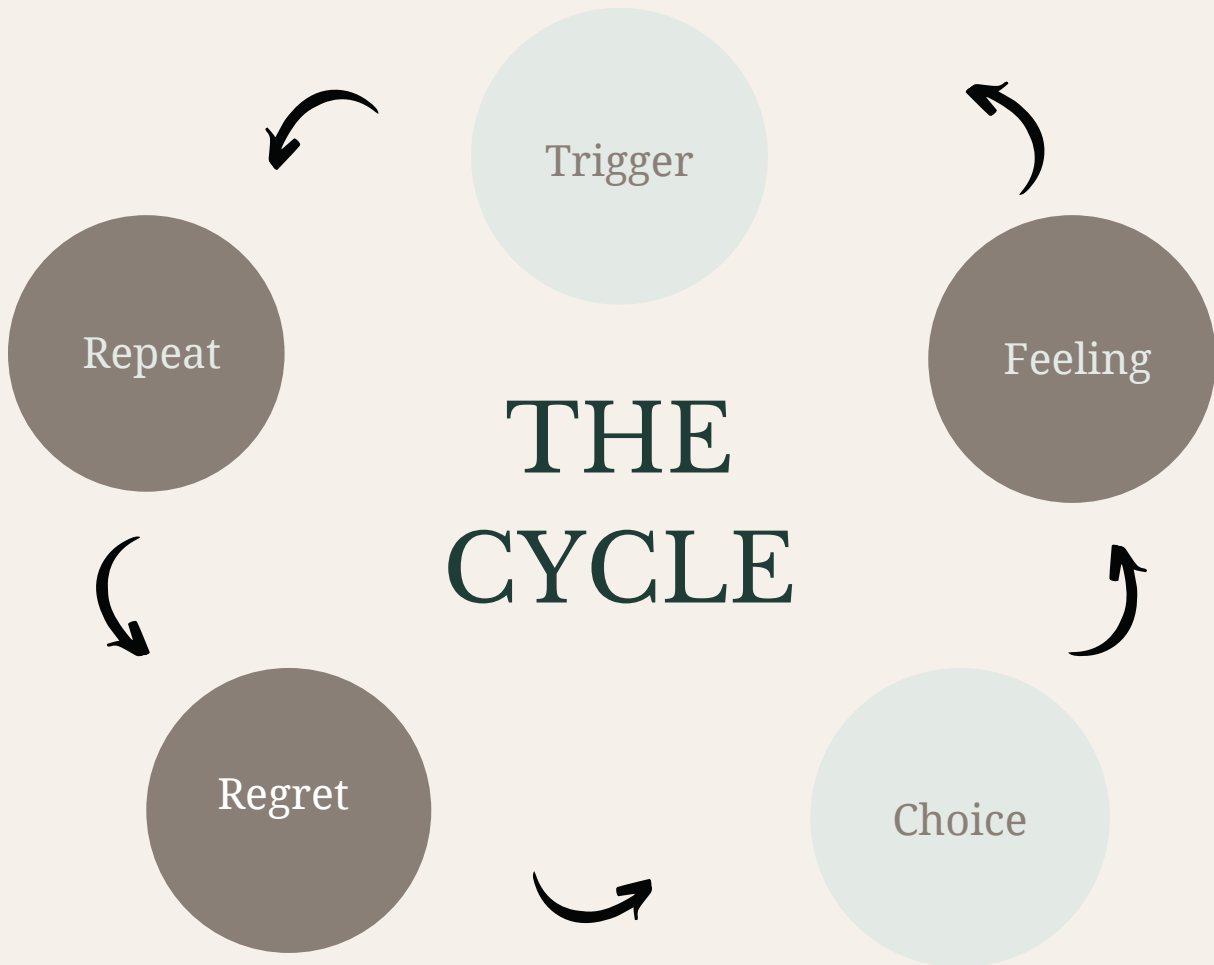
The same choices you already said you didn't want.
And if you're being honest, it's frustrating.

Because a part of you knows better...
but in the moment, it doesn't feel that simple.

So you start thinking:
"Why am I like this?"
"Why do I keep doing this?"
"Maybe I'm just not disciplined enough..."

But this isn't random.
And it's not because you're weak.
This is a pattern.

What you're experiencing usually follows a cycle:



Something happens...

or sometimes nothing even happens, but something shifts internally.

You feel something uncomfortable.

Maybe it's stress, boredom, guilt, or just a heaviness you can't explain.

You don't want to sit with it.
So you reach for what feels easy.
A distraction.
A habit.

A quick way to feel better, even if you know it won't last.
Afterwards, there's that feeling.

Regret.
Frustration.

Disappointment in yourself.
And then, without realising it...
you're back at the start again.



WHAT'S REALLY GOING ON

There are a few things happening underneath this.

1. You're avoiding discomfort

It's not that you don't want to change.

It's that sitting with what you feel in the moment is **uncomfortable...**

and your nafs will always try to move you away from that.

2. You're listening to the wrong voice

There's a voice that tells you:

"Just this once"

"You'll start properly tomorrow"

"It's not that deep"

That voice feels convincing in the moment.

But it's not leading you where you actually want to go.



3. You're trying to change the outcome, not the pattern

You focus on stopping the habit.

But the habit isn't the root.

The pattern is.

Until you see it clearly...

you'll keep repeating it.

INTERRUPTING THE PATTERN

The next time you feel that pull...
don't rush past it.

Pause.

You don't need to fix everything in that moment.
You just need to slow it down.

Ask yourself:

- *What am I actually feeling right now?*
- *What am I trying to avoid?*
- *What does my nafs want me to do here?*
- *What would a better choice look like, even if it's small?*

You don't have to be perfect.

But this moment...

this is where things start to change.

THE SUPPORT

And if you're being honest...

these moments are the hardest to handle on your own.

Because when you're in it,

you don't always think clearly.

You just want relief.

That's exactly why I created something to support you in those moments.

Not when everything feels fine...

but when you feel **off, distant, or just numb.**

The **Imaan Reset Companion** is there for you in those moments.

When you don't know what to do.

When you feel disconnected.

When you feel stuck between what you know... and what you keep choosing.

Use it as *a space to pause, reflect, and gently return.*