# BREAKING FREE FROM LIMITING PATTERNS

A self-rewiring worksheet for personal growth

By UNORD1NARY

## PART 1: REFLECTING ON YOUR SELF-TALK

The words we use to describe ourselves have immense power. They can either reinforce limiting beliefs or pave the way for a new, empowered identity. Take a moment to reflect on the language you use when you talk to yourself or about yourself. Write down some of the common phrases, labels, or descriptions you apply to yourself.

- 1. **Prompt:** List the first 5 words or phrases you commonly use to describe yourself (e.g., 'anxious,' 'introverted,' 'people-pleaser,' 'creative,' 'overwhelmed,' 'a procrastinator').
- 2. **Prompt:** For each word/phrase, reflect on when and why you started using it. What experiences led you to identify with these labels?
- 3. **Prompt:** Which of these descriptions feel empowering? Which feel limiting? Why?
- 4. **Prompt:** Are these descriptions truly *you*, or are they stories you've been telling yourself (or have been told) for a long time?

Space for Reflection:		

## PART 2: IDENTIFYING YOUR EMOTIONAL PATTERNS

Our emotions often follow predictable patterns, especially when triggered by certain situations or thoughts. Noticing these patterns is the first step to breaking free from them. Use the exercise below to identify and examine your emotional responses.

#### **Exercise: Thought-Feeling Cycle Awareness**

Choose a recent situation where you felt stuck, frustrated, or triggered. Complete the following prompts to analyze the cycle of thoughts and feelings.

#### 1. Situation:

Briefly describe the situation that caused you distress or discomfort.

#### 2. Triggering Thought(s):

What thoughts immediately arose in your mind? (Be specific! e.g., "I'm going to fail," "They don't like me.')

#### 3. Emotion(s):

What emotions did those thoughts evoke? (e.g., anxiety, sadness, anger)

#### 4. Behavior/Reaction:

How did you react or behave as a result of those emotions? (e.g., withdrawing, arguing, overworking)

**Repeat this exercise for at least 3 different situations.** What common threads do you notice in your thought-feeling cycles?

#### **Example:**

- **Situation:** Received critical feedback at work.
- Thought: "I'm not good enough. I'll never succeed."
- Feeling: Shame, anxiety
- **Behavior:** Avoided further interaction with the person who gave the feedback. Approaching tasks more apprehensively due to overthinking and second–guessing oneself.

Your Turn:			

## PART 3: RECONDITIONING AND REWRITING YOUR STORY

Now that you've identified your patterns, it's time to consciously recondition your responses and create a new narrative for yourself. This involves challenging your negative thoughts and limiting beliefs, and replacing them with empowering affirmations and intentions.

#### **Exercise: Affirmations & Intentions**

1. For each limiting belief you identified in Parts 1 & 2, what is a more balanced and realistic thought you could have? Write a corresponding affirmation or intention that reflects the identity you want to embody.

### **Limiting Belief:**

Example: 'I'm not good enough.'

#### **Affirmation/Intention:**

Example:

- 'I am worthy of love and success.'
- 'I have areas of improvement and am willing to learn.'
- a. How would that new thought have changed your feelings?
- b. How would you have behaved differently?

Write these affirmations down somewhere you will see them daily (e.g., in your journal, on your mirror, as a reminder on your phone). Regularly repeat these to yourself (out loud, in your head, written), especially when you notice yourself starting to slip into the old patterns.

Space for Rewriting:		

## **©**PART 4: AFFIRMATIONS & INTENTIONS

Affirmations and intentions are powerful tools for shaping your self-narrative and directing your energy.

#### **Instructions:**

- 1. Write 3-5 affirmations that reflect the person you want to become (e.g., "I am capable and resilient," "I embrace my imperfections," "I am worthy of love and belonging").
- 2. Write 1-3 intentions for the week ahead (e.g., "I will practice self-compassion," "I will set healthy boundaries," "I will focus on my strengths").

My Affirmations:	
My Intentions for this Week:	
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Congratulations on taking the first steps towards breaking free from limiting patterns! This worksheet is a starting point. Remember this is an ongoing process—commit to self-reflection and practicing. Notice your thoughts and feelings without judgment. Challenge your limiting beliefs. Reaffirm your intentions. Breaking free from old patterns takes time and consistent effort. Be patient with yourself, celebrate your progress, and remember that you have the power to create the life you desire. Consider revisiting this worksheet regularly to track your progress and refine your affirmations and intentions. Use the space below for any other reflections or actions

Space for additional notes and reflections: