

Pattern Shifts to Remember

These shifts are simple:

old survival message → new internal permission

Use them to catch the old pattern faster and practise the new one on purpose.

1. Burden → Belonging

Burden says:

I am too much.

I make things harder for people.

I am the problem.

Belonging says:

I am allowed here.

My presence is not a problem.

My needs matter too.

Example:

You want to ask for help, but immediately feel guilty.

Old pattern: "I should not need anything."

New shift: "It is okay to have needs. That does not make me a burden."

2. Failure → Learning

Failure says:

I messed up.

This proves I am not good enough.

I should not have tried.

Learning says:

That showed me something useful.

Now I can adjust.

Mistakes are part of getting better.

Example:

You say the wrong thing in a conversation and replay it all day.

Old pattern: "I ruined everything."

New shift: "That was uncomfortable, but it gave me information. I can learn from it."

3. Abandonment → Self-Presence

Abandonment says:

If they leave, I will fall apart.

This sheet pairs with this video: https://www.youtube.com/watch?v=BZ_rG2wmxVk

I cannot handle losing them.
Everything will collapse if they go.

Self-presence says:

I stay with myself.
I am still here.
I can hold myself through this.

Example:

Someone pulls away, replies less, or seems distant.
Old pattern: panic, overthinking, chasing.
New shift: "Their distance is not the end of me. I can stay with myself right now."

4. Appeasement → Sovereignty

Appeasement says:

Keep everyone comfortable.
Do not upset anyone.
Just go along with it.

Sovereignty says:

My position matters.
I can stay calm and still disagree.
I do not have to shrink to keep the peace.

Example:

Someone suggests something you do not want, and you feel yourself saying yes automatically.
Old pattern: "It is easier if I just keep them happy."
New shift: "I can be respectful without abandoning myself."

5. Invisibility → Visibility

Invisibility says:

Stay small.
Do not draw attention.
It is safer not to be noticed.

Visibility says:

Being seen is allowed.
I can show up as I am.
My voice can be heard.

Example:

You have something useful to say, but stay quiet in case people judge you.
Old pattern: "Better not say anything."
New shift: "It is safe to take up a little more space."

6. Collapse → Stability

Collapse says:

I cannot handle this.

It is too much.

This is going to knock me down.

Stability says:

I can stay here.

I can take one step at a time.

This does not have to take me out.

Example:

You get stressful news and instantly feel like everything is spiralling.

Old pattern: "I cannot deal with this."

New shift: "This is hard, but I can stay steady and take the next step."

7. Suppression → Expression

Suppression says:

Do not say that.

Do not feel that.

Keep it inside.

Expression says:

My truth can move.

My feelings can exist.

I can say what is real.

Example:

Something hurts you, but you smile and act like nothing happened.

Old pattern: "Just swallow it."

New shift: "I am allowed to name what I feel."

Quick Memory Line

The old pattern is protection.

The new pattern is permission.

The shift happens when your system starts experiencing something different, over and over again.

Daily Practice

When you notice yourself getting triggered, shrinking, panicking, hiding, people-pleasing, or shutting down, pause and ask:

1. What is the old survival message here?

Example: "I am too much."

"Do not upset them."

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“Hide.”

“I cannot handle this.”

2. What is the new permission I want to practise instead?

Example: “I am allowed here.”

“My position matters too.”

“I can stay with myself.”

“I can take one steady step.”

3. Repeat the new message while staying in the moment.

Not perfectly. Just enough for your system to experience something different.

Quick Memory Line

The old pattern is protection.

The new pattern is permission.

The shift happens when your system starts experiencing something different, over and over again.

One-Line Version

- **Burden → Belonging**
From “I am too much” to “I am allowed here.”
- **Failure → Learning**
From “I messed up” to “I can learn from this.”
- **Abandonment → Self-Presence**
From “I will be alone” to “I stay with myself.”
- **Appeasement → Sovereignty**
From “Keep them happy” to “I can honour my position too.”
- **Invisibility → Visibility**
From “Hide” to “I am allowed to be seen.”
- **Collapse → Stability**
From “I cannot handle this” to “I can stay steady through this.”
- **Suppression → Expression**
From “Keep it in” to “I can let what is true move.”