

Module 1 - Discover Your Patterns

Now that you've had your Life Chart Session we're going to have a closer look at what stands out - and make sense of all the things you've uncovered.

Purpose: to create an overview of the things that matter most, so that we can draw from these insights throughout the programme - and beyond!

Please make sure I have access to your answers at least 24 hours before the next session. You can copy the questions into a Word document and upload your answers to Google Drive, or you can use the topic I've created in your 'room' in Irreverend Hall and answer them there. Let me know if you need help with that.

1. Take a look at your Life Chart spreadsheet:

What was your biggest Aha? What was your biggest insight, your biggest take-away?

2. Columns 1-4 describe the events - and your responses to those events. Let's create an overview:

From column 2:

List the top 5-10 feelings that you most felt

From column 3:

List the 3 things you most craved

From column 4:

List your 3-5 most noteworthy 'negative' patterns

List your 3-5 most noteworthy 'positive' patterns

3. Column 5 shows you the beliefs that evolved as a result of all these events & emotions.

From column 5: group the beliefs you've come to hold about yourself

You will probably have a vast number of beliefs in column 5, but when you take a closer look at them, you will probably see that they can be grouped into 3-5 categories.

Below is an example of how you might group your beliefs in column 5. By giving them a collective label, it will be easier to make sense of them.

Feel free to rearrange your spreadsheet any way you like. You can also open a new sheet (use the + at the bottom of the page).

I can't do anything right	< Group: never good enough
I'll never fit her needs	
I have to pretend	
I have to hide myself	
I carry responsibility for being a good daughter	
Someone owes me this type of love (but then what do I do with it?)	
I don't deserve to be loved, heard, seen	< group: (right to) visibility
I can't relax and enjoy myself unless everything else is done	
I can't let myself relax because there's always more to do (the ironing)	
I'm not allowed to have fun / do things	< group: right to experience joy

Now that you've grouped your beliefs, see how they relate to your biggest AHA in question 1.

What stands out for you?

Where do you recognize this in your daily life?

4. Column 6 is about the Wound Pattern and shows the recurring themes.

What are the 5-10 recurring themes that you most relate to?

5. Column 7 shows the Wound Belief Statement

During the session we grouped together some of your beliefs and wound patterns to create Wound Belief Statements: a single statement that sums up your (negative) beliefs about yourself.

What statement came up for you?

Is that still the best statement for you? If not, what statement fits better now?

Note:

If you feel you'd like to add more events or dig deeper into the events we've explored during the sessions, by all means feel free!

The steps used in creating the Life Chart will be explained in Module 3, so that this tool remains available to you whenever you need it. Each step can be used separately to gain clarity on hidden feelings.

Just make sure you don't get lost excavating: you could probably dig in and not come up for air in days, but remember that the purpose is to help you move forward!

Also, if the session has been trigger-filled and you find you could use some help, do not hesitate to contact me!