



# PART *worksheets* TWO

HOW IT SHOWS UP IN OUR LIVES





# RECOGNISING UNCONSCIOUS PATTERNS

Old wounds create hidden patterns until we bring them into the light.

The mother wound often appears in subtle but powerful ways in adulthood.

It can look like:

- Putting everyone else's needs before your own.
- Feeling guilty or "selfish" when you take time for yourself.
- Silencing your voice to keep the peace.
- Seeking constant approval or fearing rejection.
- Believing you are "not enough," no matter what you do.

These patterns aren't random - they're protective strategies we developed as children to stay safe and connected. The good news is, once we can see them clearly, we can begin to loosen their hold.

This section is about recognising your patterns - not to judge them, but to understand them with compassion.



# WORKSHEET

## SPOTTING THE PATTERN

This activity helps you notice when the mother wound is at play in daily life. Consider moments when you notice yourself:

1. Saying “yes” when you want to say “no.”
2. Silencing your feelings or opinions,
3. Criticising yourself harshly.
4. Feeling guilty for resting, asking for help, or putting yourself first.
5. Taking onboard the responsibility of others.

Reflect on situations where you make have used one of the identified patterns without thinking and note how it felt - and what you actually wanted to say or do instead.

1. What Happened?

How did you feel in the moment?

What did I need?

2. What Happened?

How did you feel in the moment?

What did I need?



3. What Happened?

[Text input area for question 3]

How did you feel in the moment?

[Text input area for question 3]

What did I need?

[Text input area for question 3]

4. What Happened?

[Text input area for question 4]

How did you feel in the moment?

[Text input area for question 4]

What did I need?

[Text input area for question 4]

5. What Happened?

[Text input area for question 5]

How did you feel in the moment?

[Text input area for question 5]

What did I need?

[Text input area for question 5]

Awareness is the first step toward change. Each time you notice a pattern, you are already beginning to loosen it.



Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

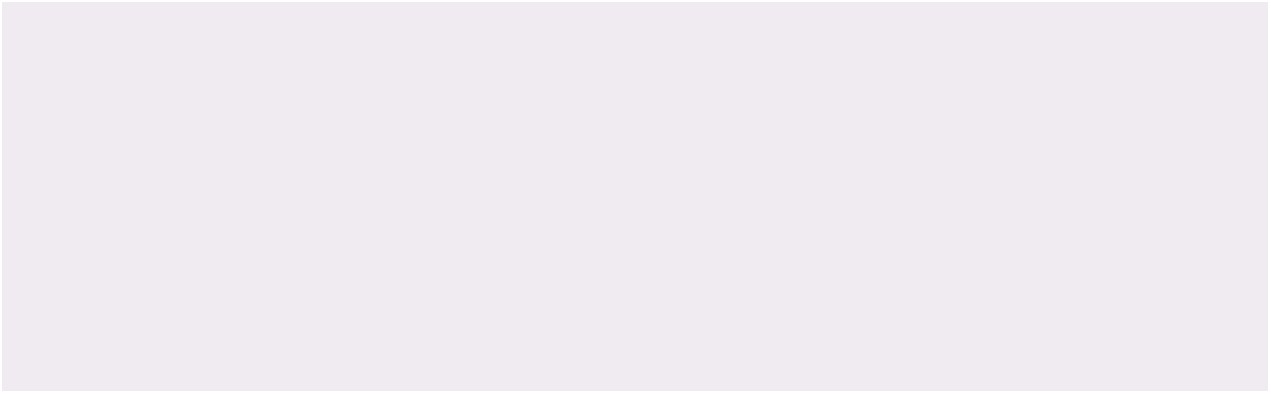
Which of the signs of the mother wound identified so far feel most familiar to you? do you see a repeated theme?

A large, empty, light purple rectangular box intended for writing a response to the first prompt.

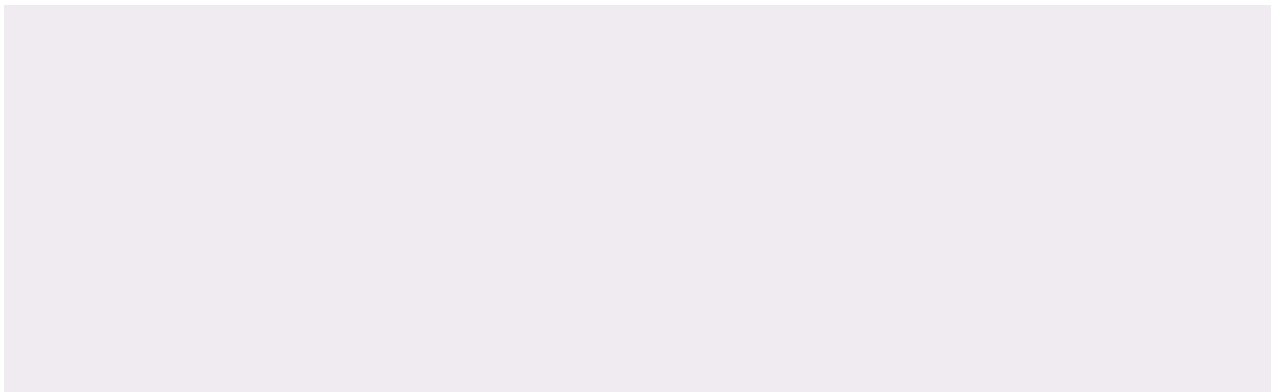
In what situations do you see these patterns showing up most strongly (e.g. relationships, work, parenting)?

A large, empty, light purple rectangular box intended for writing a response to the second prompt.

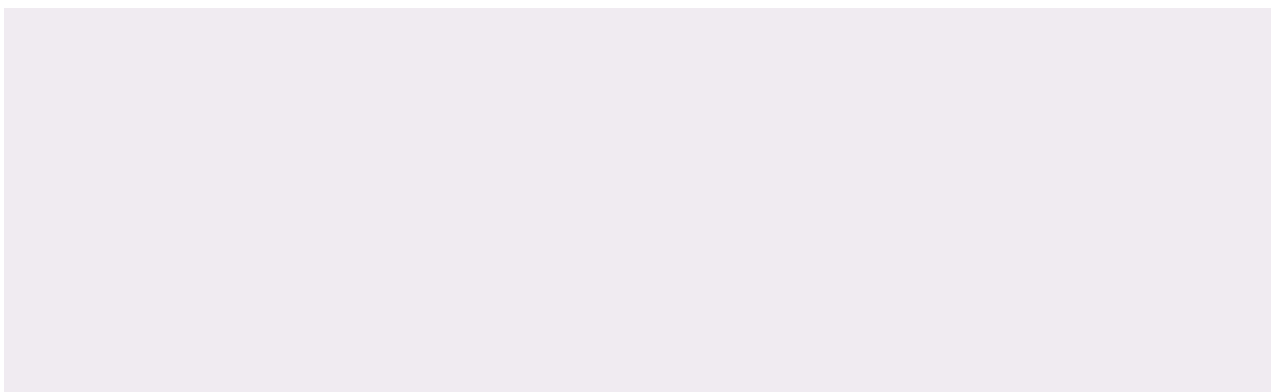
How do you usually feel after you fall into these patterns?



What are the costs of holding on to them? (e.g. energy, joy, relationships, health).



Can you remember a time when you chose differently - when you did put yourself first, speak your truth, or hold a boundary? What happened and how did that feel?



Our adapted responses once kept us safe - they were protection, not weakness. But what helped us survive then can hold us back now. Healing means gently thanking those old patterns for keeping us safe and choosing new ways that support who we are today, not who we had to be.



## CLOSING PART TWO

Take a deep breath in through your nose and out through your mouth. Place your hand gently on your heart.

Say softly to yourself (out loud if you can):

**“I see the patterns I carry. They once kept me safe. I thank them for what they gave me - and I am open to choosing differently now.”**

Close your eyes for a moment and imagine offering compassion to the child you once were. Picture wrapping them in a blanket of warmth and reassurance.

When you're ready, write down one thing you will do to honour yourself this week: