

Understanding Your Patterns

A gentle way to see why you were reachable, so you can choose what comes next.

You were never "too sensitive" or "too trusting." The traits that made you caring, loyal, and perceptive are often the same ones a narcissistic person learns to use. Looking at your patterns isn't about blame. It's about *understanding why*, so that you can decide *what* to do. Think of this page as a lens, not a label.

1. How you take in the world and make decisions

Personality tools (like a free MBTI-style quiz) describe how you naturally think, feel, and recharge. Notice what you learn, and whether it feels true to you. **You are the final expert on yourself.** If a result doesn't fit, set it aside.

2. How you bond when close relationships feel uncertain

Which of these sounds most like you in close relationships? There's no wrong answer, and you may see yourself in more than one.

Secure. I'm comfortable being close and being on my own. I generally trust people.	Anxious. I crave closeness, I worry about being left, and I notice every shift in a partner's mood.
Avoidant. I value my independence. Too much closeness feels uncomfortable, and I tend to handle things alone.	Both at once. I want closeness and I'm afraid of it, and relationships can feel confusing or unpredictable.

These styles are learned in early life, so they can change with safety, support, and practice. Unpredictable, hot-and-cold relationships can feel painfully "familiar" to anyone, which is part of why they're hard to leave.

3. Where your patterns may have come from

Many traits grow stronger in response to what we needed in order to feel safe or loved. Take your time with these. There's no need to answer them all today.

- What did I learn to do, as a child, to keep the peace or earn love?
- Which of my strengths (reading a room, giving, keeping going) first became necessary because of what I lived through?
- Which of those habits protect me now, and which have outgrown their usefulness?

4. Turning understanding into action

- **Notice** the pattern when it shows up (over-giving, fear of conflict, going quiet, over-explaining).
- **Pause** and ask: "Do I want to do this, or do I feel I have to?"
- **Choose** one small, different response, such as a clear no, a request for time, or a rest.
- **Be patient.** Old patterns loosen with repetition. You're building new ones.

Bring this page to our first session and tell me what stood out, or what didn't fit. We'll go at your pace.

I use personality and attachment frameworks as reflective tools, not clinical diagnoses. Coaching is not therapy or crisis care. If you're in crisis, call or text 988 (US).

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