

THE PATTERN LOOP WORKSHEET

A short, honest map of the dynamic you keep returning to.

Answer in one sitting. Write by hand if you can. There are no right answers here, only honest ones.

Go gently. This is reflection, not therapy. If a question feels like too much, set it down.

01 THE PATTERN

In one sentence, the dynamic you keep repeating.

02 THE PULL

What draws you in at the very start. Name the specific spark.

03 THE HOOK

What keeps you there once it turns painful or uncertain.

04 THE OLD BELIEF

The expectation about love this quietly confirms.

05 THE ORIGIN

What this feels familiar to. Where you may have first learned it.

06 ONE EXPERIMENT

One small thing you will do differently next time you feel the pull.

Naming the pattern is where change begins. The rest is built slowly, through new experiences repeated over time.

Keep going at ahwaken.com/empire