

BROOKE ASHLEY MINDWORKS

# The Pattern Awareness Workbook

Notice the Pattern. Understand the Loop. Choose What Comes Next.



*A guided self-help workbook for understanding recurring habits, reactions, routines, and everyday behavior patterns.*

## WHY YOU ARE HERE

### You Are Not Just Trying to Stop a Behavior

You probably picked up this workbook because there is something you keep doing, avoiding, thinking, or reacting to in a way you would like to change.

Maybe you procrastinate even though you know it will make tomorrow harder. Maybe you reach for your phone without even thinking about it. Maybe you avoid something until the pressure builds, fall into the same response when you're stressed, or catch yourself doing something you promised yourself you weren't going to do again.

And maybe the most frustrating part is that **you already know you do it.**

Knowing, however, isn't always the same thing as understanding.

The behavior you notice is often only the most visible part of a much larger pattern. Before it happens, there may be a particular situation, thought, emotion, body sensation, expectation, or urge. The behavior itself may also be doing something for you in that moment, such as, giving you relief, distraction, comfort, stimulation, reassurance, or simply a way to get away from something uncomfortable.

**That is what we're going to slow down and look at.**

This workbook isn't about criticizing yourself, finding everything you're doing “wrong,” or trying to force yourself into better behavior through willpower. It's about becoming curious enough to understand **how your pattern actually works.**

## WHAT YOU'LL LEARN TO NOTICE

By the end of this workbook, you will have explored:

**What tends to start your pattern**

**What happens internally when it begins**

**What you usually do next**

**What the response gives you in the moment**

**What it may cost you later**

**Where you may have an opportunity to pause**

**What you could realistically do instead**

**What actually happens when you practice that new response**

Think of yourself as a researcher of your own behavior.

## YOUR ROADMAP

### How This Workbook Works

This workbook is designed to be **used over time, not completed in one sitting.**

Some pages will teach you something about how patterns can work. Others will ask you to apply that idea to your own experience. At certain points, you'll be asked to **close the workbook for a day or two and observe what happens in real life before continuing.**

Those pauses are part of the process.

**You don't need to start changing the pattern right away.** In fact, trying to fix it immediately can make it harder to notice what is actually happening around it. First, we're going to understand it. Then we'll look at where change may make sense.

### The MindWorks Pattern Process

#### 1. NOTICE

Choose one pattern and begin recognizing when and where it shows up.

#### 2. UNDERSTAND

Explore the cues, thoughts, emotions, body signals, responses, and immediate results surrounding it.

#### 3. INTERRUPT

Find the earliest realistic point where you may be able to create a small pause.

#### 4. REPLACE

Build an alternative response that makes sense for what you actually need in that moment.

#### 5. PRACTICE

Try your plan in real life and track what happens—not just whether you were “successful.”

#### 6. REVIEW

Look at what you learned, adjust what isn't working, and create a plan you can continue using.

**Each step builds on the one before it. You don't need to know the answer before you begin. The purpose of the process is to help you discover it as you go.**

## PART ONE | LEARN

### How a Pattern Gets a Head Start

Think about something you do automatically every day like reaching for your phone when it buzzes, taking the same route home, checking the time when you wake up, or moving through part of your morning routine without thinking much about each individual step.

The more familiar something becomes, the less attention it may require.

Patterns can work in a similar way.

When the same situation, feeling, thought, or cue is repeatedly followed by the same response, those pieces can begin to become associated with one another. Eventually, the response may happen so quickly that you notice yourself **already doing it before you consciously decided to**.

That doesn't mean you had no choice. It means the sequence has become familiar.

And that's important, because your conscious intention to change can be completely sincere while the older response has something your new intention doesn't have yet:

**Practice.**

**You may genuinely decide:**

*I'm going to start this earlier next time.*

*I'm not picking up my phone when I get into bed tonight.*

*I'm going to speak up instead of automatically saying yes.*

*I'm not going to fall into that same reaction again.*

And then the familiar situation arrives—and so does the familiar response.

That gap between **what you intend to do** and **what you actually find yourself doing** is exactly why we're starting with awareness.

### THE PATTERN HAS A HEAD START

Your old response may already have:

**Repetition** — you've done it many times before.

**Familiar cues** — certain situations may already signal what usually happens next.