

DAY1

Breaking the Patterns that Feel Like Home

Recognize what keeps pulling you back and make room for something new

Encouragementology®
the practice of instilling hope

DAY 1: Recognizing the Familiar

What patterns in your life feel familiar, even though they may no longer feel good?

- Where do you find yourself saying, “Here I go again”?
- What situation or reaction seems to repeat itself most often?
- What feels predictable about this pattern?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY3

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DAY 3: Understanding What It Provides

What might an old pattern be giving you that makes it difficult to release?

- Does this pattern provide certainty, protection, belonging, or another kind of comfort?
- What might feel uncertain if you stopped responding this way?
- What do you fear you could lose by letting this pattern go?

[illegible]

DAY4

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DAY 4: Trying Another Way

Where could you interrupt an automatic response long enough to make a different choice?

- What usually happens right before you fall into this pattern?
- What could you do differently in that moment?
- What discomfort might you need to tolerate while a new response still feels unfamiliar?

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DAY5

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DAY 5: Gathering New Evidence

What recent experience challenges an old belief you have carried about yourself?

- When have you responded differently than you would have in the past?
- What does that experience suggest might also be true about you?
- What new experience could you create to gather more evidence?

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REFLECTION

What changes when you stop requiring yourself to remain who you have always been?

- What old definition of yourself are you ready to hold more loosely?
- What can you appreciate about who you were without continuing to live by the same patterns?
- Where can you leave more room for who you are still becoming?

