



LUMI REFLECTION WORKSHEET

Writing Activity

Part 2: Understanding our Relationship Patterns

Why do we repeat patterns—even when we know better?

This worksheet is designed to help you move from awareness → clarity → small, meaningful shifts.

Take your time. Write your responses. Come back to this more than once.

You can answer the questions to help you write, or write your own way.

1. Recognizing Your Patterns

Think across your past relationships—not just one.

- What patterns or dynamics tend to repeat?
- What role do you usually take? (e.g., caretaker, pursuer, independent one, stabilizer)
- What do these patterns have in common?

Notes:

2. Attraction vs Alignment

Reflect on the people you feel most drawn to.

- What initially attracts you?
- Is there a pattern in who you feel chemistry with?
- How does that compare to what actually sustains you in a relationship?

Insight: Attraction often signals familiarity, not necessarily compatibility.

Notes:

3. Your Default Responses

When something feels “off” in a relationship:

- Do you address it directly?
- Minimize it?
- Rationalize it?
- Stay quiet and hope it resolves?

What does this response protect you from?

Notes:

4. Familiar vs Healthy

Complete these:

- What feels familiar to me in relationships is:
- What actually feels healthy (even if less familiar) might be:

Insight: Growth often feels less intense, but more stable.

Notes:

5. The Moment of Choice

Think about your most common pattern.

The next time it shows up:

- What is one small thing you could do differently?
- What would “pausing” look like in that moment?
- What might you say or do if you trusted yourself more?

Notes:

6. Reframing the Pattern

Instead of judging the pattern, try understanding it:

- What purpose might this pattern have once served?
- What did it help you manage, avoid, or secure?

Reflection: Patterns aren't random, they are adaptive.

Notes:

Closing Reflection

“Awareness is the beginning, but change happens in small, repeated shifts.”

What is one thing you're taking from this reflection?

Notes:

Next Steps

If this resonated, you can continue the work:

- Read the full **LUMI series**
- Join a **LUMI Circle** (small group reflection & discussion)

- Explore **1:1 therapy**

www.countercurrenttherapy.com

