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**Past-to-Present Pattern Exploration**

1. Parent or Surrogate’s problem behavior or way of being:

1. Name it as a pattern:

1. To whom did they do this? *(Themself, other parent, you, one of your siblings, others)*

1. What was this like for you, as a child, for your parent or surrogate to be this way? What did you feel?

1. How does this show up for you now? *(How do you act it out? Who have you set up or attracted to do this to you? What are you doing now in rebellion?)*

1. To whom do you do this? *(Yourself, partner, colleagues, siblings, friends, others)*

1. What are the consequences? What damage is it causing in you and in your life?

1. Name all the patterns you see in yourself as a result of this: