Old Patterns. New Possibilities.

A little space to recognise a familiar response and explore another possibility.
No daily routine. No need to fill every line.



1. Expecting disappointment

What could make this attempt different?

2. Care feels like punishment

What care would I willingly repeat?

3. Everyone else comes first

Where could I include myself?

4. Support feels conditional

Could I ask around an ordinary need?

5. Pushing past your needs

What could I respond to sooner?

6. Looking outside for every answer

What is my preference or question?

7. Waiting to feel worthy

What could I welcome now?

8. Trying to get everything right

What would a workable version look like?

You may recognise several, or use your own words. These are reflection prompts, not diagnoses. Health, culture, responsibilities and support matter too.

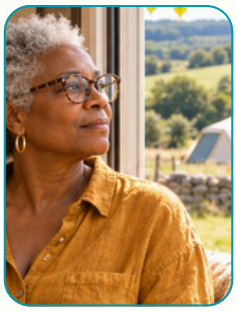
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Listen. Notice. Make room.

About 10minutes, or take it in small parts.Pause after each question. Notice what you think or feel before writing. Use a notebook, or print this page.

A fictional example

Leila imagines her father asking for help while she's planning to take a short rest. She notices she answers 'of course ' before checking her needs. Next time, she will ask when the errand is needed, then decide what she can offer. She will review after the next request. She softens her thoughts around her automatic response. Gentle. Non-judgmental. Simply looking out for her own needs within her priorities. Both coexist with equal kindness.



1. What would I like to understand?

Describe one ordinary moment and the response that keeps repeating.

2. What could a more workable moment look like?

Imagine, describe, or think through a similar moment with more room for what matters.

3. What do I notice now?

My sequence, inner words, or body responses, if noticed.

4. What matters on both sides?

My needs, what I value about this response, and practical pressures or missing support.

5. What am I beginning to see, and what could I try?

One step towards that future moment: when_____, I will try _____.

6. When will I return to notice what happened?

Date:_____ What helped? What will I keep, adjust, or ask for?

One reflection can be enough for today. For a fuller exploration of your own situation, the ***Old Patterns, New Possibilities***

Workbook adds competing priorities, options, rehearsal and review. Explore Nao Wellbeing resources at naowellbeing.com. Educational reflection; does not diagnose or replace individual care. Original Nao Wellbeing exercises. Recognition prompts informed by HoloBody "Old Patterns & Beliefs"; independent publication. Traceyann Sanders • Coach • Healer • Founder.

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