Patterns 01 and 02

Name where solo grit stalled, and where help can begin.

Pattern 01:

How I tried to fix this by solo willpower
Note how you tried to force change alone (rules, self-criticism, hiding, overworking).

What happened when I white-knuckled it?
Observe honestly (burnout, snap-back, tension, discouragement).

What help am I ready to welcome now?
Name the grace, guidance, or healthy support you are opening to today.

Pattern 02:

How I tried to fix this by solo willpower
Note how you tried to force change alone (rules, self-criticism, hiding, overworking).

What happened when I white-knuckled it?
Observe honestly (burnout, snap-back, tension, discouragement).

What help am I ready to welcome now?
Name the grace, guidance, or healthy support you are opening to today.

Patterns 03 and 04

Name where solo grit stalled, and where help can begin.

Pattern 03: _____

How I tried to fix this by solo willpower
Note how you tried to force change alone (rules, self-criticism, hiding, overworking).

What happened when I white-knuckled it?
Observe honestly (burnout, snap-back, tension, discouragement).

What help am I ready to welcome now?
Name the grace, guidance, or healthy support you are opening to today.

Pattern 04: _____

How I tried to fix this by solo willpower
Note how you tried to force change alone (rules, self-criticism, hiding, overworking).

What happened when I white-knuckled it?
Observe honestly (burnout, snap-back, tension, discouragement).

What help am I ready to welcome now?
Name the grace, guidance, or healthy support you are opening to today.

Notes

Use these lines for anything the pages above brought up.