

Liberated Through Understanding Repeating Patterns Of My Past



Have you ever felt like you're constantly experiencing the same situations over and over again? Like you're stuck in a loop with no escape? Understanding the repeating patterns of our past can be the key to breaking free and finding liberation.

Oftentimes, we unknowingly carry unresolved emotions from our past into our present. These unresolved emotions manifest as repeating patterns in our lives, leading to similar experiences and outcomes. Whether it's troubled relationships,

financial struggles, or self-sabotaging behaviors, recognizing and understanding these patterns is crucial for personal growth and liberation.



Unraveled: Liberated, through understanding repeating patterns of my past

by Nancy Sulla (Kindle Edition)

★★★★★ 5 out of 5

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The Origins of Our Patterns

Our patterns are rooted in our past experiences, especially those from our childhood. Our early interactions with family, friends, and society shape our beliefs, values, and emotional responses. These experiences create subconscious patterns that dictate our thoughts, actions, and choices as adults.

For example, if you grew up in an environment where you constantly felt neglected or unloved, you might develop a pattern of seeking validation and approval from others. This pattern could lead to a series of unsatisfying relationships or a dependence on external validation for your self-worth.

Recognizing the Patterns

In order to break free from repeating patterns, the first step is recognizing them. This requires self-reflection and introspection. Take a moment to look back at your life and identify any recurring themes or experiences.

Are you always attracting toxic friendships? Constantly facing financial instability? Struggling with imposter syndrome in your career? These are all potential patterns that need to be acknowledged and explored.

You may find it helpful to keep a journal or create a timeline of your life events. Look for similarities or recurring emotions in different situations. Pay attention to any triggers that evoke strong reactions or feelings.

Understanding the Patterns

Once you've identified the patterns, it's time to dig deeper and understand their underlying causes. This is where self-awareness and therapy can play a significant role. Talking to a therapist or counselor can provide valuable insights and support during this process.

Exploring your past and childhood experiences can be challenging and emotionally intense. It requires confronting long-held beliefs, traumas, and suppressed emotions. However, this process is essential for gaining clarity and understanding the origin of your patterns.

By delving into your past, you might uncover events or relationships that have shaped your current behavior. Perhaps you'll discover that your fear of abandonment stems from a traumatic experience in your childhood. Or you'll realize that your need for control originates from feeling powerless in a dysfunctional family dynamic.

Breaking Free and Finding Liberation

Understanding the repeating patterns of our past allows us to break free from their grip. It empowers us to make conscious choices and develop healthier ways of thinking, feeling, and acting.

With awareness comes the opportunity for change. Armed with self-knowledge, you can create new narratives and rewrite your story. Instead of continuing to play out the same patterns, you can choose different paths and outcomes.

Breaking free from repeating patterns is not an overnight process. It requires patience, self-compassion, and a commitment to personal growth. It may also involve seeking support from loved ones, therapists, or support groups.

Remember, you don't have to go through this journey alone.

The Benefits of Liberation

Understanding and addressing our repeating patterns can lead to profound liberation and transformation. By breaking free from the chains of the past, we open ourselves up to a world of possibilities.

Improved Relationships: As you gain clarity and make conscious choices, you'll notice healthier dynamics in your relationships. You'll attract individuals who align with your authentic self and let go of toxic connections.

Enhanced Emotional Well-being: Resolving unresolved emotions allows for emotional healing and increased self-awareness. You'll experience increased emotional intelligence and a greater understanding of your triggers and reactions.

Expanded Life Perspectives: Breaking free from repetitive patterns broadens your perspective and opens you up to new experiences and opportunities. You'll approach life with a fresh mindset, free from the limitations of your past patterns.

Heightened Self-Empowerment: Liberation through understanding patterns empowers you to take control of your life. You'll regain a sense of agency and transform from a passenger into the driver of your own journey.

Embrace Self-Discovery and Liberation

The journey of understanding repeating patterns of our past is a transformative and liberating one. It requires courage, vulnerability, and a commitment to personal growth. Embrace this opportunity to break free and create a life aligned with your authentic self.

Remember, you are not defined by your past patterns, but rather by your ability to learn and grow from them. By understanding these patterns, you pave the way for a liberated and fulfilling future.



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Do you know deep down that there are things in your past that you have not come to terms with? Are there painful events that you have hidden away, or

recurring patterns that are holding you back in your daily life? As long as you do not confront them, you cannot escape from them, with a good chance that you will pass them on to the next generation.

In *Unraveled* Fiona Cook sincerely and candidly shares her personal story. She uses her knowledge about the working of system dynamics to give a voice to what could be sensed but what was not visible. By doing so she offers a different perspective from which you can explore and look at your own situation.

'What isn't whole cannot be broken.'

Fiona Cook (1964) is ruthless, yet kindhearted, straightforward, yet playful, and knows what it takes to connect head and heart. She brings those characteristics into her work as a coach. She uses her professional expertise in the field of family and organizational systems to support people in their search for answers to the questions they have, in the different roles and stages of their lives.

NB: Can be READ on any Kindle app or device but must be BOUGHT through a web browser, and not through the App



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