5 patterns to explore beyond the technique

A short guide to notice what keeps repeating and choose a more intentional next step. You do not need to change everything today. Start with one specific situation, honestly and without judging yourself.

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You do more, yet it never feels like enough

You say yes when you need to say no

You wait for complete certainty before moving

Your inner dialogue turns a mistake into an identity

You pursue goals that no longer feel like yours

This material supports personal reflection for adults. It is not a test, diagnosis or treatment and does not replace professional care. A pattern does not establish a cause: your context, resources and circumstances matter too.

01 · You do more, yet it never feels like enough

You deliver, help and solve problems. Still, resting feels difficult, or you feel you must earn your place by doing more.

A QUESTION TO EXPLORE

What am I afraid it would mean about me to say “this is enough for today”?

A FIRST EXPERIMENT: Before starting one task, define what enough would look like. When you finish, notice your feelings without adding another obligation.

02 · You say yes when you need to say no

You accept commitments you do not want or cannot sustain. Tiredness, resentment or distance follow. It may be useful to explore boundaries as well as organization.

A QUESTION TO EXPLORE

What am I trying to avoid by accepting this commitment?

A FIRST EXPERIMENT: Practice a pause: “I need to check my availability; I will get back to you.” You do not have to answer immediately.

03 · You wait for complete certainty before moving

You seek another opinion, course or perfect plan before making a small decision. Preparation can help, but it can also become a way to postpone.

A QUESTION TO EXPLORE

What reversible step could I take with the information I already have?

A FIRST EXPERIMENT: Choose a low-risk, fifteen-minute action. Treat it as an experiment, not a test of your worth.

04 · Your inner dialogue turns a mistake into an identity

Something goes wrong and you move from “I made a mistake” to “I am a failure”. That conclusion can hide what you can learn or repair.

A QUESTION TO EXPLORE

Am I describing a fact or passing a judgment on who I am?

A FIRST EXPERIMENT: Write down the fact without labels. Then finish: “What I can learn or repair is…”.

05 · You pursue goals that no longer feel like yours

You continue out of habit, comparison or other people’s expectations, but struggle to explain why you choose this path today. Real constraints also deserve recognition.

A QUESTION TO EXPLORE

Which part of this goal do I choose, and which part feels imposed?

A FIRST EXPERIMENT: Create two columns: “what I value” and “what others expect”. Choose one small adjustment that respects your responsibilities.

You are not a pattern. You are a person with a history, resources and choices. Use these questions as a starting point, not a label.

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Your pause this week

The specific situation I want to explore is:

What I thought, felt and did:

The need or value I want to attend to:

The small step I choose and when I will take it:

Would you like to talk about your next step?

Book a free 15-minute clarity conversation with César Morfin. Share your context and learn about the coaching process.

Book a conversation