

RELATIONSHIP PATTERNS

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

An Insight
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Insight Mini Guide Series

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THE INSIGHT

If you look back across your significant relationships, you'll likely find patterns. The same type of partner, chosen again and again, though the names and faces changed. The same conflict, playing out with different people as if you were all reading from an identical script. The same ending, the same disappointment, the same question afterward: why does this keep happening to me?

Relationship patterns are not coincidences, and they are not evidence that you're unlucky or unlovable. They are the result of templates formed early in life, when your brain was learning what love looks like, what conflict feels like, and what you need to do to stay safe and connected. Those templates became the blueprint for your adult relationships. When you meet someone who fits the template, even in unhealthy ways, the attraction can feel magnetic, inevitable, like fate. It's not fate. It's familiarity. And familiarity can be mistaken for chemistry.

Some common relationship patterns include choosing partners who are emotionally unavailable and then working hard to win their love, losing yourself in relationships and emerging without a clear sense of who you are, avoiding intimacy by keeping people at a safe distance, or repeatedly taking on the caretaker role and then feeling resentful when your own needs go unmet. These patterns are learned strategies for navigating connection. They can be unlearned.

Breaking a relationship pattern doesn't mean becoming a different person. It means becoming aware of the template you're working from so you can start making conscious choices instead of automatic ones. It means learning to tolerate the discomfort of a healthy relationship, which can feel unfamiliar and even boring compared to the intensity of an old pattern. It means grieving what you didn't get and slowly teaching your nervous system that something different is possible.



THE ACTION

One Thing You Can Try Today

Write down the names of three significant relationships, romantic or otherwise. Under each name, write what felt familiar about the dynamic. Then ask yourself: where did I learn to love like this? Who first taught me that this was what love looks like?

Don't try to fix anything yet. Just map the pattern. Seeing it clearly is the first act of freedom.

THE REFLECTION

Want to Go More In-Depth?

The Pattern Loop Workbook is dedicated to understanding repetitive relationship dynamics and how to begin choosing differently. The Good Girl Contract Workbook addresses the specific clauses that shape how we show up in relationships. The Self-Abandonment Set-Up traces how relationship patterns can lead to progressive loss of self. You can also take the free Pattern Quiz to discover which pattern is running your life right now.

The Good Girl Contract Workbook is available for purchase here: **Good Girl Contract Workbook**. The other workbooks are under construction and will be available for purchase shortly.

You can also take the **free Pattern Recognition Quiz** here, to discover which pattern is running in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **Insight Therapy and Consulting**.

Let's talk about it.

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