

THE PATTERN LOOP™

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

You may keep ending up in the same place, and you may be starting to notice something important. Different partner, same conflict. Different job, same burnout. Different friendship, same disappointment. The faces change, the circumstances shift, but the outcome can feel hauntingly familiar, as if you are following a script you never chose but cannot seem to stop replaying.

I call this the **Pattern Loop**, and it's one of the patterns I see often in my work with women. The Loop is one way of mapping a repeating pattern: a familiar cue brings up a rapid expectation or urge, you respond in a practised way, something happens, and the outcome makes that response more likely next time. The loop can be maintained by fear, by habit, by current circumstances, or by a combination of all three.

Some repeating patterns begin as ways of coping with situations that felt threatening, painful, unpredictable, or simply hard to navigate. Others develop through ordinary learning and repetition without a dramatic origin story. Your mind notices what tends to happen, what reduces discomfort in the moment, and what seems to work. Over time, a response can become a familiar script.

The Pattern Loop™ is my original clinical and psychoeducational map. It draws conceptually from research on learning, habits, schemas, attachment, emotion regulation, and psychological flexibility, but the four-step loop itself has not been independently validated. Use it as a way to organize your experience, not as proof of why a pattern developed.

THE ACTION

One Thing You Can Try Today

The next time you feel the familiar surge of the loop activating, the old urge to comply or withdraw or attack or hide, pause and ask yourself one question.

"Is this situation actually the same, or does it just feel similar?"

Your expectations may be shaped by the past. Look for what's different this time. Even one difference is enough to create space between the trigger and your response. That space is where choice lives. That space is where the loop can begin to loosen.



THE REFLECTION

Want to Go More Indepth?

This mini guide is an introduction. The full Pattern Loop Workbook walks you through how the loop may have developed, why it persists, what it may be costing you, and how to begin responding to the present instead of the past. It includes reflection exercises and optional deep-dives for when you're ready to go further.

You can find the workbook for purchase on my website or take the free **Pattern Quiz** to discover which pattern may be most active 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 or ask a question here: **Insight Therapy and Consulting**.

Let's talk about it.

Susan Taylor, MSW, RSW

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