

INSIGHT

PATTERN ASSESSMENT

A Professional Handout for Physicians, Therapists & Helping Professionals

A brief, free entry point that helps women explore which recurring pattern may feel most familiar in their lives.

This is an online assessment completed on the Insight Therapy & Consulting website.

Professionals can direct women to **www.insighttherapyandconsulting.ca** and select **Pattern Assessment** to begin.

What this is

A short psychoeducational reflection that introduces women to the four Insight Pattern Frameworks and offers a personalized starting point for further reflection. It is designed to help name experiences that can be difficult to articulate.

What this is not

The Pattern Assessment is not a diagnostic instrument, validated psychological test, risk assessment, or substitute for clinical assessment. Results are educational and exploratory. A woman may recognize herself in one result, several patterns, or none of them.

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How to introduce the Pattern Assessment

The assessment works best as an invitation rather than a recommendation that implies a diagnosis. It can be useful when a service user is describing a recurring experience but does not yet have language for it.

Simple ways to introduce it

If she is exhausted

“You’ve described carrying a lot and finding it hard to step back. There’s a short reflection that looks at a few patterns women sometimes recognize in themselves. It isn’t a diagnostic test, but it may give you some language for what you’re experiencing.”

If she is describing a recurring relationship pattern

“You’ve noticed that something similar seems to keep happening. If it would be useful, there’s a free Pattern Assessment that may help you reflect on what feels most familiar. You can take what fits and leave what doesn’t.”

If she feels disconnected from herself

“You’ve said you’re not always sure what you need or want anymore. I can point you toward a brief reflection that explores a few patterns around relationships, responsibility, exhaustion, and connection to self. It may or may not fit, but it can be a place to start.”

Useful framing

- Present the assessment as optional.
- Avoid telling a service user which result you expect her to receive.
- Let her decide whether the language fits her experience.
- Use the result as a conversation starter rather than a clinical conclusion.
- Continue appropriate medical, mental-health, safety, and contextual assessment independently of the assessment result.

What the assessment explores

The assessment introduces four original Insight Pattern Frameworks. They can overlap and are not intended to represent a fixed sequence.

The Good Girl Contract™

Explores often-unspoken rules some women learn around approval, self-sacrifice, conflict avoidance, emotional caretaking, and achievement.

May resonate with: “I can’t say no.” “I feel guilty putting myself first.” “Everyone relies on me.”

The Pattern Loop™

Explores repetitive responses and relationship dynamics influenced by prior learning, expectations, reinforcement, and present context.

May resonate with: “Why does this keep happening?” “Different relationship, same dynamic.”

The Self-Abandonment Trade™

Explores what a woman may have learned to put aside, including voice, needs, desires, connection to her body, or aspects of identity, in exchange for belonging, approval, safety, stability, or keeping the peace.

May resonate with: “I don’t know what I want anymore.” “I don’t feel like myself.”

The Exhaustion Cycle™

Explores a recurring pattern of responsibility, guilt, overdoing, resentment, and exhaustion while keeping broader medical, relational, occupational, caregiving, and social contributors in view.

May resonate with: “I’m tired all the time.” “I keep pushing until I crash.”

What service users can expect afterward

After completing the Pattern Assessment, the participant receives a personalized educational result based on the pattern that feels most prominent within the assessment structure. The result is intended as a starting point, not a label.

She can expect

- A plain-language description of the pattern.
- Reflection on how the pattern may show up in everyday life.
- A reminder that the result is not a diagnosis and may not capture the whole picture.
- Practical educational material and opportunities for further reflection.
- Optional follow-up emails with insights and tools related to her result, if she consents to receive them.
- Clear options to explore free resources, learn more about the Insight Pattern Frameworks, or learn about therapy.

No obligation to begin therapy

Taking the Pattern Assessment does not create a therapeutic relationship and does not require the participant to book therapy. The assessment is designed to offer language and options. The woman decides what, if anything, she wants to do next.

When a result may be useful clinically

If a service user brings her result into a medical or therapeutic appointment, consider asking what felt accurate, what did not fit, and what the result helped her notice. Her response to the language is more important than the category itself.

A useful follow-up question

“What part of the result felt most familiar to you, and was there anything that didn’t fit?”

Accessing the assessment

The Pattern Assessment is a free online assessment completed on the Insight Therapy & Consulting website. Professionals may share it with service users as an optional educational resource.

To access it: www.insighttherapyandconsulting.ca → Pattern Assessment

About Susan Taylor, MSW, RSW

Susan Taylor is a Registered Social Worker and therapist providing virtual psychotherapy to women across Ontario. She developed the Insight Pattern Frameworks as practical, accessible language for recurring experiences she observed across more than twenty-five years of work with women.

Professional notice

For educational use only. This handout and the Pattern Assessment are not diagnostic instruments, clinical practice guidelines, or substitutes for individualized medical or mental-health assessment. Professionals remain responsible for their own clinical judgment, scope of practice, consent, privacy, and referral obligations.