

INSIGHT

RESEARCH & REFERENCES

Evidence Informing the Insight Pattern Frameworks

For Physicians, Nurse Practitioners & Therapists

The Insight Pattern Frameworks are original clinical and psychoeducational formulations. The literature below supports established constructs and processes that inform the frameworks. It does not constitute independent validation of the named frameworks as diagnostic instruments, psychological theories, or treatment models.

Reference details and DOI records independently verified September 2026.

How to Read This Evidence

The frameworks grew from recurring clinical observations and were subsequently examined against established research areas. The strongest literature is therefore evidence for component processes and adjacent constructs, not for the four branded formulations as complete models.

Where the relationship is especially close, this document identifies it as a direct conceptual connection. Where a paper helps explain one aspect of a framework but does not study the framework itself, it is described as adjacent literature.

This distinction is intentional. It allows the frameworks to function as accessible clinical language without overstating what the research has established.

The Good Girl Contract

The closest research connections are self-silencing and unmitigated communion: established literatures examining relational self-suppression and a strong focus on others that can occur at the expense of the self. Perfectionism is included as adjacent literature because it helps illuminate the potential cost of rigid evaluative standards, but it does not establish the broader relational formulation of the Good Girl Contract.

Maji, S., & Dixit, S. (2019). Self-silencing and women's health: A review. *International Journal of Social Psychiatry*, 65(1), 3-13.

DOI: [10.1177/0020764018814271](https://doi.org/10.1177/0020764018814271)

Direct conceptual connection: review of self-silencing in relation to women's health and well-being.

Emran, A., Iqbal, N., & Dar, I. A. (2020). 'Silencing the self' and women's mental health problems: A narrative review. *Asian Journal of Psychiatry*, 53, 102197.

DOI: [10.1016/j.ajp.2020.102197](https://doi.org/10.1016/j.ajp.2020.102197)

Direct conceptual connection: relational and sociocultural self-silencing in women's mental health.

Helgeson, V. S., & Fritz, H. L. (1998). A theory of unmitigated communion. *Personality and Social Psychology Review*, 2(3), 173-183.

DOI: [10.1207/s15327957pspr0203_2](https://doi.org/10.1207/s15327957pspr0203_2)

Direct conceptual connection: describes an other-focus that can occur to the exclusion of the self.

Hill, A. P., & Curran, T. (2016). Multidimensional perfectionism and burnout: A meta-analysis. *Personality and Social Psychology Review*, 20(3), 269-288.

DOI: [10.1177/1088868315596286](https://doi.org/10.1177/1088868315596286)

Adjacent evidence: supports links between perfectionistic concerns and burnout, not the Good Girl Contract as a whole.

The Pattern Loop

Habit and behavioural learning research provide the strongest direct conceptual foundation for repetition and automaticity. Schema, attachment/emotion-regulation, and psychological-flexibility research are included as adjacent bodies of literature that may help explain why particular responses become likely, persistent, or difficult to change. The five-part Pattern Loop itself has not been independently validated.

Wood, W., & Rünger, D. (2016). Psychology of habit. *Annual Review of Psychology*, 67, 289-314.

DOI: [10.1146/annurev-psych-122414-033417](https://doi.org/10.1146/annurev-psych-122414-033417)

Strongest direct conceptual connection: repeated responses in recurring contexts, automaticity, and habit change.

Bär, A., Bär, H. E., Rijkeboer, M. M., & Lobbestael, J. (2023). Early maladaptive schemas and schema modes in clinical disorders: A systematic review. *Psychology and Psychotherapy: Theory, Research and Practice*, 96(3), 716-747.

DOI: [10.1111/papt.12465](https://doi.org/10.1111/papt.12465)

Adjacent evidence: supports the relevance of schema-based vulnerabilities and patterns across clinical disorders.

Eilert, D. W., & Buchheim, A. (2023). Attachment-related differences in emotion regulation in adults: A systematic review on attachment representations. *Brain Sciences*, 13(6), 884.

DOI: [10.3390/brainsci13060884](https://doi.org/10.3390/brainsci13060884)

Adjacent evidence: systematic review linking attachment representations with patterns of emotion regulation.

Macri, J. A., & Rogge, R. D. (2024). Examining domains of psychological flexibility and inflexibility as treatment mechanisms in acceptance and commitment therapy: A comprehensive systematic and meta-analytic review. *Clinical Psychology Review*, 110, 102432.

DOI: [10.1016/j.cpr.2024.102432](https://doi.org/10.1016/j.cpr.2024.102432)

Adjacent evidence: informs flexibility, inflexibility, and processes involved in changing established responses.

The Self-Abandonment Trade

Self-Abandonment Trade is an original integrative term rather than a standardized psychological construct. The closest established literatures are self-silencing and unmitigated communion. Psychological inflexibility is included as adjacent evidence because it addresses rigid responding that can interfere with valued action. These literatures illuminate parts of the formulation; none is equivalent to the Self-Abandonment Trade.

Maji, S., & Dixit, S. (2019). Self-silencing and women's health: A review. *International Journal of Social Psychiatry*, 65(1), 3-13.

DOI: [10.1177/0020764018814271](https://doi.org/10.1177/0020764018814271)

Direct conceptual connection: suppression of aspects of the self in relational and health contexts.

Helgeson, V. S., & Fritz, H. L. (1998). A theory of unmitigated communion. *Personality and Social Psychology Review*, 2(3), 173-183.

DOI: [10.1207/s15327957pspr0203_2](https://doi.org/10.1207/s15327957pspr0203_2)

Direct conceptual connection: involvement with others to the exclusion of the self.

Ong, C. W., Barthel, A. L., & Hofmann, S. G. (2024). The relationship between psychological inflexibility and well-being in adults: A meta-analysis of the Acceptance and Action Questionnaire. *Behavior Therapy*, 55(1), 26-41.

DOI: [10.1016/j.beth.2023.05.007](https://doi.org/10.1016/j.beth.2023.05.007)

Adjacent evidence: psychological inflexibility is associated with poorer well-being and interference with valued action.

Macri, J. A., & Rogge, R. D. (2024). Examining domains of psychological flexibility and inflexibility as treatment mechanisms in acceptance and commitment therapy: A comprehensive systematic and meta-analytic review. *Clinical Psychology Review*, 110, 102432.

DOI: [10.1016/j.cpr.2024.102432](https://doi.org/10.1016/j.cpr.2024.102432)

Adjacent evidence: informs values-based choice, experiential avoidance, and psychological flexibility.

The Exhaustion Cycle

The evidence base is strongest for component contributors to exhaustion: unpaid labour, cognitive or mental labour, occupational emotional labour, recovery, and perfectionistic concerns. These sources support keeping structural, relational, household, and occupational load visible. They do not validate the exact Responsibility - Guilt - Overdoing - Resentment - Exhaustion sequence as a causal model.

Ervin, J., Taouk, Y., Fleitas Alfonzo, L., Hewitt, B., & King, T. (2022). Gender differences in the association between unpaid labour and mental health in employed adults: A systematic review. *The Lancet Public Health*, 7(9), e775-e786.

DOI: [10.1016/S2468-2667\(22\)00160-8](https://doi.org/10.1016/S2468-2667(22)00160-8)

Directly relevant component evidence: gendered unpaid labour and women's mental health.

Reich-Stiebert, N., Froehlich, L., & Voltmer, J.-B. (2023). Gendered mental labor: A systematic literature review on the cognitive dimension of unpaid work within the household and childcare. *Sex Roles*, 88(11-12), 475-494.

DOI: [10.1007/s11199-023-01362-0](https://doi.org/10.1007/s11199-023-01362-0)

Directly relevant component evidence: cognitive and managerial dimensions of unpaid household and childcare work.

Hülshager, U. R., & Schewe, A. F. (2011). On the costs and benefits of emotional labor: A meta-analysis of three decades of research. *Journal of Occupational Health Psychology*, 16(3), 361-389.

DOI: [10.1037/a0022876](https://doi.org/10.1037/a0022876)

Adjacent evidence: occupational emotional labour and well-being; it should not be generalized as identical to domestic emotional caretaking.

Headrick, L., Newman, D. A., Park, Y. A., & Liang, Y. (2023). Recovery experiences for work and health outcomes: A meta-analysis and recovery-engagement-exhaustion model. *Journal of Business and Psychology*, 38(4), 821-864.

DOI: [10.1007/s10869-022-09821-3](https://doi.org/10.1007/s10869-022-09821-3)

Directly relevant component evidence: recovery experiences, exhaustion, work-family conflict, and health-related outcomes.

Hill, A. P., & Curran, T. (2016). Multidimensional perfectionism and burnout: A meta-analysis. *Personality and Social Psychology Review*, 20(3), 269-288.

DOI: [10.1177/1088868315596286](https://doi.org/10.1177/1088868315596286)

Adjacent evidence: perfectionistic concerns show meaningful associations with burnout.

Important Clinical Boundaries

These references are provided to make the theoretical lineage and evidentiary boundaries of the Insight Pattern Frameworks transparent. The frameworks should not be used as diagnostic instruments, risk assessments, or substitutes for individualized medical or mental-health assessment. In particular, fatigue and exhaustion are nonspecific and require appropriate consideration of medical, sleep, medication, psychiatric, occupational, caregiving, financial, relational, disability-related, and social contributors.

The research informs the maps. It does not turn the maps into diagnoses.

Verification Note

All bibliographic details and DOI identifiers in this resource were independently checked against PubMed and/or the journal publisher record in September 2026. Each DOI is presented as a clickable resolver link. A resolving DOI confirms the persistent scholarly record; access to the full article may still depend on the publisher's open-access or subscription policy.

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