

THE RELATIONSHIP REFLECTION

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

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THE INSIGHT

The relationships we find ourselves in as adults are rarely random. They are shaped by patterns we absorbed long before we ever chose a partner or built a friendship or decided whom to trust. The way you love, the way you fight, the way you ask for what you need, or don't, the way you leave, or stay too long- all of it has a history. Most of us move through our relationships reacting to the present as if it were the past, wondering why the same dynamics keep appearing with different people.

This guide is an invitation to pause and reflect. Not to fix your relationships by Thursday, but to begin understanding the patterns you bring to them. When you understand your patterns, you gain something invaluable: the ability to choose differently. Not perfectly. Not overnight. But consciously.

Start with a few honest questions. What kind of partner or friend do you tend to become in close relationships? Do you over-give, over-accommodate, and lose yourself? Do you keep a careful distance, never quite letting anyone all the way in? Do you find yourself drawn to people who need saving, or people who seem unavailable, or people who remind you, in ways you can't quite name, of someone from your past? None of these patterns are evidence that you're broken. They are evidence that you learned something about love a long time ago, and that learning is still running the show.

Your earliest relationships taught you what to expect from people. Whether it was safe to need someone. Whether your feelings would be welcomed or dismissed. Whether love was consistent or conditional. Those lessons became a template, and that template shaped the relationships you entered as an adult. The template can be updated. The first step is seeing it clearly.

THE ACTION

One Thing You Can Try Today

Think of a significant relationship in your life, past or present. Ask yourself: what feels familiar about this dynamic? Have I been here before, with someone else, in a different context? What am I doing in this relationship that I've done before? What am I hoping for that I've hoped for before?

Don't judge what you find. Just notice the pattern. Naming the repetition is the beginning of interrupting it.



THE REFLECTION

Want to Go More In-Depth?

This mini guide is an introduction. The Pattern Loop Workbook explores how old relationship templates replay in present circumstances and how to begin responding to the present instead of the past. The Good Girl Contract Workbook addresses the clauses that shape how we show up in relationships. 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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