

## Awareness Practice: Changing Patterns

Can you think of any recurring behaviors from your partner that are uncomfortable for you? An example would be your partner often telling you what to do, or you often feeling rejected by things they say or do. Make a note of these.

If recurring behaviors come to mind, can you identify similar situations that happened prior to the current relationship, either with other partners or in your family? You can use writing to reflect more on this.

If you can see examples of previous similar situations, this will help you recognize your part in perpetuating the pattern. But whether you do or not, the solution is the same:

### 1. Identify if one or more of these apply:

- It is simply a habit.
- You feel you're not living up to some standard and have been inviting your partner to criticize you.
- You feel obligated to play a role that doesn't suit you.
- It is a way you know you are loved.

2. Use the methods described in this chapter and chapter 19 (page 198) to make changes within yourself.
3. Use the methods described in this chapter and chapter 9 (page 96) to stop your partner from criticizing or bullying you.
4. Use the Awareness Practices in chapters 11 (page 121) and 12 (page 131) to create Joyful Solutions.
5. Develop a new pattern of intimacy with your partner that doesn't involve criticism or fighting. You can do this by building on those areas where you feel good with each other.
  - Do more of the things you enjoy together.
  - Share what you appreciate and like about each other.

Simply trying to stop a pattern can be difficult. It is much easier if you build a new one to go toward. A **Succulent Wild Love** relationship is a model you can use.

For more about understanding and transforming patterns learned in childhood, go to:

[SucculentWildLove.com/Patterns](http://SucculentWildLove.com/Patterns)