

ENERGY 2 ENERGY

The Emotional Pattern Reflection Guide

A calm, judgment-free framework for noticing what repeats and what it may be asking you to understand.

A private reflection resource from Marni Washington, CECP, CBCP, CBCP-L3

1. Name the moment

Describe one recent moment when the pattern appeared. Record only what happened, without explaining or judging it.

2. Notice the response

What did you feel emotionally? What happened in your body? What action or impulse followed?

3. Find the familiar thread

Where else does this reaction appear? Consider relationships, work, decision-making, rest, receiving support, or self-expression.

4. Ask what the pattern protects

Complete this sentence: If I did not respond this way, I might have to face, feel, risk, or believe...

5. Choose a session focus

A useful focus does not need to be a diagnosis. It can be: I want to explore why I feel..., why I keep..., or what is beneath my reaction to...

Important: This educational resource supports personal reflection. Energy balancing is a complementary wellness practice and is not medical care, diagnosis, or treatment. Seek qualified professional care when appropriate.