

The Reflection

This conversation is built around one simple but life-changing idea: **I don't have to keep doing what I've always done.**

That sounds obvious until we look closely at the familiarity of our patterns and habits, our ways of thinking, reacting, coping, the way we treat ourselves, speak to ourselves, our ways of relating to other people. We repeat them so many times that they stop feeling like choices, and simply become 'the way I am.'

This conversation invites you to challenge that assumption by asking yourself:

- ♥ Where am I still following an old script?
- ♥ Where am I still doing something simply because it's familiar?
- ♥ Where am I still choosing safety over peace of mind, joy, and growth?

Familiarity can be incredibly persuasive. It whispers, 'stay here, do what you've always done, don't risk it, don't upset anyone, don't take the chance, don't make the change.'

And yet, if what is 'familiar' was creating the life you wanted, we wouldn't be having this conversation.

The truth is that many of the behaviours that once protected us now keep us stuck because they're familiar and automatic. The problem is that familiar and automatic behaviour produces the same restrictive, self-abandoning results. If we want something different, eventually we must *do* something different.

That's the intention of this conversation - not transformation, certainty, or confidence, but interruption, experimentation, and the courage to challenge a pattern that's been running your life for years, the courage to choose differently when it feels uncomfortable and discovering that the old patterns are not as powerful as they'd have you believe.

As you reflect on this conversation, I'd like you to consider one question above all others: **what is the pattern that most needs challenging in my life right now?** Not understanding but *challenging*.

We talked about understanding 'How You Got Here' in Part One; How You Get Out begins the moment you realise that **knowing the pattern** is not the same as **obeying it**. You get out the moment you decide **I will not do what I've always done. I will now do something different.**