

5 Tips for Getting Yourself Out of Pattern

from *The 5 Personality Patterns*

by Steven Kessler

For all of us, unconscious survival patterns learned in childhood run our lives. Here's how to break their grip and take back control of your life.

1. Learn about the five basic survival patterns.

Learn to recognize the patterns in others.

2. Figure out which ones you automatically go into when you're distressed.

When under pressure, you probably first go into one particular pattern. Then, if that isn't handling the situation, you switch to your secondary, or backup, pattern.

3. Learn how to tell when you've gone into pattern.

Learn what each of your patterns looks like and feels like from the inside, so you can tell when you've gone into it.

4. Take steps to come out of pattern and back to being present.

Practice doing what is needed to bring yourself out of each pattern. Practice even when you're not in pattern so that you can still do it when distressed.

5. Heal the core wounds that are triggering your patterns.

Your patterns are fueled and triggered by deep old wounds. To remove that fuel, get help healing your core wounds.

This will give you back voluntary control over your thinking, feeling, and actions.

“Your experience of life is determined mostly by your habits of attention and the patterned flow of your life energy.” – *Steven Kessler*

The 5 Personality Patterns: Your Guide to Understanding Yourself and Others and Developing Emotional Maturity

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