

# WHY YOUR PATTERN MATTERS

Your relationship pattern is what keeps giving you the same outcomes in your relationship time and time again no matter what you try to do differently.

Relationship patterns are developed over time from a young age by what you experienced throughout your life and within your upbringing.

Your pattern dictates who you pick to be involved with in a relationship, how you interact with them, and how you let them treat you.

If you feel like you have the same relationships over and over again, it's time to discover your pattern so your next relationship can be one like no other... The one you dream about!

# Accepting Responsibility:

The first step in having the relationship you truly dream about is **accepting responsibility for how your relationships have turned out** thus far. It doesn't matter what happened in your relationships, it always takes two to tango. Until you come to terms with this, growth and a new outcome isn't possible.

# Discovering your pattern:

Some ideas may be coming to mind as you've started to read through this, but let's dive a little deeper so you can really understand how your pattern is holding you back. Keep in mind more than one pattern can resonate with you, but one in particular is going to really stand out to you. THAT is your relationship pattern.

# THE 5 RELATIONSHIP PATTERNS:

## 1. The Caregiver

Do you stick around in a relationship because you can see the potential in your partner? You do your best to "help" them be the best you know they can be? In other words, you are always trying to fix, take care of, or improve the person you are with. This can happen whether the person wants it or not. You might have someone who wants to be taken care of and fixed, or you may just keep partnering with people who don't want to change, but you wish to fix them!

If caregiver is your pattern, you end up with people you can have awesome, deep and emotional conversations with, but they can't seem to keep a job, or they have addiction problems. OR.. you meet someone who has a fantastic career, they own their own house, they're organized and clean, they really have their stuff together..BUT, getting them to open up about anything personal or emotional is like pulling teeth!

The problem with having the caregiver pattern is you don't believe you can get what you truly want. So, you think "it's SO close! I can inspire them to rise up to the rest."

However, unfortunately, you often end up in an internal unconscious struggle wondering why they don't want to be the best version of themselves for you. And, even if you do get them to change, you can end up in a viscous cycle of wanting more or become their crutch for emotional support leaving you in a place of constant giving.

## 2. The Alpha

Do you have to be in charge in relationships? Make all the decisions and dictate all the rules and habits of the relationship? If your partner wants to do something, they better run it by you first?

The alpha is usually the one to initiate big talks in the relationship, and big relationship steps such as saying I love you, moving in together, or suggesting marriage.

If alpha is your pattern, you most likely often end up with partners who are closed off, aren't always truthful, and end up wanting their distance in the relationship.

This pattern can become problematic because most people do not like to be controlled and told what to do. They want the freedom to also be themselves in the relationship. It's important to remember that a relationship is two INDIVIDUALS coming together. In order to have a healthy mental state, every person needs to be able to express themselves, feel in control of themselves and their feelings, and be able to make their own decisions.

Developing strong, healthy and open communication within your relationships will enable you express your desires, have them be heard, but also allow your partner to express theirs. Together you can come to common grounds, which will keep your relationship flourishing and inviting.

### 3. The Mother

Do you ever feel like you are more the mother of your spouse than the lover of your spouse? That you have to tell them what to do or they won't do it right?

You may be accidentally getting into a parent/child relationship. This can happen with eldest children who were used to taking on a bigger role growing up, or to individuals with a strong paternal instinct. It can also happen if your dominant relationship pattern has been the "caregiver." A side cart of "the parent" can develop over time of ALWAYS being the caregiver.

If the mother is your pattern, you most likely find yourself always having to nag your partners to pay the bills, clean up after themselves, load the dishwasher correctly, not do this, and not do that... And YOU think it's just because "that's the way men are." That is not the case.

The problem with the mother pattern is if it turns too far into the parent/child relationship it can destroy your sex life. You don't find it romantic or sexy to have an incompetent partner, and your partner doesn't find it romantic or sexy to feel judged and told what to do all the time.

Developing your standards and learning how to communicate them in a way that feels comfortable to you will create boundaries that are understood from the very beginning of your relationship. Then, your relationship can operate from the place of supporting and understanding one another, rather than the place of judgement and expectation.

## 4. The Codependent

Do you tend to "fall off the face of the earth" when you get into a relationship? Do you get so wrapped up in your guy that you stop talking to friends, doing the things you normally do, and your life kinda becomes his life? OR, Have you ever been with a partner and felt like you had to give up your entire identity in the name of loving and pleasing them?

The codependent usually jumps right into a relationship, skipping by the dating and courtship part. They often rely on their partner for social, emotional, and psychological support. They may even stop seeing other friends or family, abandon solo hobbies or even have trouble expressing differing interests or feelings.

Sometimes, this causes their relationships to be short lived, because giving up their identity subconsciously doesn't jive with them. In these cases they may not even realize they are a codependent because the time period is too short for them to notice they are giving up their individuality.

The problem with the codependent pattern is the person is looking for someone to complete them rather than compliment them. They have not addressed their own issues of why they don't like to be alone, jump from relationship to relationship, and give up all that they are when a partner comes into their life. If a relationship goes on too long in with you in the codependent role, it can create feelings of loss of purpose, unhappiness, and depression.

In order to have a successful & healthy relationship, both parties need to keep their independence and individuality. It is what creates and sustains interest and desire within the relationship.

## 5. The Push-Pull

Do your relationships have constant up and downs? Breakups and makeups? Do you often get into a relationship feeling one way and then in a short amount of time you feel the complete opposite?

In the push-pull pattern someone in the relationship wants to get super serious really fast, and the other wants to take things slow. One person feels the relationship is perfect, but the other needs some space. The person who needs space eventually backs out making the other person cling even harder. You might always be the puller—the one who needs space and pulls away. Or you might always be the pusher—the one always pushing for more time, more intimacy and faster connection. Or you might switch back and forth. If this sounds familiar, then you have the push-pull pattern.

The problem with the push-pull pattern is there is no true vulnerability being shared in the relationship. Whether you and your partners tend to be the pusher or the puller, the pattern stems from the fears you have of either commitment or being left. The two of you are not addressing those fears, therefore you're not discussing those fears and the behaviors that they're creating in your relationship.

Investigating your past and your past relationships will help you to uncover your triggers that send you into the push-pull pattern. From there you can discover where those triggers come from and how you can eradicate them so you can have a stable and consistent relationship,

# WHAT TO DO NOW?

Now that you've identified your pattern. go through all of your past relationships and see where you can find where it first showed up in each relationship. Once you have that, ask yourself, what happened to make my pattern show itself? This will help you to start identifying your triggers. Knowing your triggers allows you to realize when you might spiral into "getting lost" in your relationship pattern.

You never want to be lost. You always want to be conscious and present so you can stay in a state of constant self growth towards becoming the best version of yourself so that you attract in another whose quest is to be the best version of their self.

We attract in what we are, not what we want.

## LET US KNOW!

Please email us your discovery! What relationship pattern are you? Let us know and we will send you more information for getting to know your relationship pattern and it's triggers even better.

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