
Which pattern am I noticing?

Tick what fits right now. A pattern is a prompt to explore, not a verdict.

POSSIBLE INTUITION

- ☐ My impression relates to a specific situation, detail, or decision.
- ☐ It points toward a concrete step: pause, ask, observe, or check.
- ☐ I can explore it without insisting that I must be right.
- ☐ I am willing to change my interpretation when new facts appear.
- ☐ The feeling remains worth exploring after I calm down.

It may sound like: "Something feels off." "This feels right for me." "I think I need to pause."

WORRY / FEAR

- ☐ My thoughts repeat, expand, or move between feared outcomes.
- ☐ I feel pushed to get certainty or reassurance immediately.
- ☐ My body feels tense, activated, or pressured.
- ☐ I am treating an imagined worst-case scenario as if it happened.
- ☐ After checking one concern, I find another thing to worry about.

It may sound like: "What if something goes wrong?" "I need to know for sure." "What if I regret this?"

WISHFUL THINKING

- ☐ I am strongly attached to one particular outcome.
- ☐ I focus on encouraging signs while overlooking conflicting facts.
- ☐ I am treating hope, coincidence, or excitement as a guarantee.
- ☐ I resist questions or evidence that might change my answer.
- ☐ I might reach a different conclusion if I did not want this outcome.

It may sound like: "That must be a sign." "I really want it to mean something."