



## Why does this always happen to me? Building self-awareness

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Part of building self-awareness is to realise that everything that happens around us works like a mirror that reflects back to us what is inside. If we seem to attract or encounter the same type of people or scenarios again and again, it is highly likely that it is due to the PATTERNS and REACTIONS we hold internally.

Patterns are the ways we habitually think, feel and behave on the inside. They are created based on our model of the world and can be quite hard to change.

Reactions are the ways we habitually respond to what comes from outside – again by predictably thinking, feeling and behaving in certain ways, unique to us.

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