



# Uncovering the roots of subconscious mind patterns

## Childhood Conditioning & Core Beliefs

- What messages did I receive about myself, love, success, or failure as a child?
- What were the unspoken rules in my family about emotions, vulnerability, and self-expression?
- When I think about my biggest fears, where do they originate? Can I trace them back to a specific experience or belief from my past?
- What was I taught (directly or indirectly) about my worth and value?
- How did my caregivers respond to my needs, and how has that shaped the way I interact with others today?





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## **Emotional Triggers & Patterns**

- What situations or people trigger strong emotional reactions in me?
- What are the recurring negative thoughts I have about myself or my abilities?
- How do I typically react when faced with rejection, criticism, or failure?
- What emotions do I suppress the most, and why?
- Is there a pattern in the types of relationships or friendships I attract?






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## Hidden Fears & Resistance

- What is something I deeply desire but feel blocked from achieving?
- If I could remove all fear and self-doubt, what would I do differently in my life?
- What limiting beliefs keep me from stepping fully into my power?
- How do I sabotage myself when I start to make progress?
- What part of me resists change, and what is it afraid of losing?





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## **Generational & Ancestral Influences**

- What patterns have I noticed running through my family (e.g., scarcity mindset, fear of abandonment, emotional repression)?
- In what ways do I unconsciously carry the struggles or wounds of my ancestors?
- What expectations were placed on me because of my family's history or cultural background?
- What beliefs have I inherited that no longer serve me?
- How can I break generational cycles and create a new path for myself?



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## Inner Child & Healing Past Wounds

- If I could speak to my younger self, what would they tell me they need?
- What childhood wounds still show up in my adult life?
- How do I seek validation or approval from others in ways that mirror my childhood experiences?
- What part of my inner child still longs to be seen, heard, or loved?
- How can I nurture my inner child and give them the love they needed?





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## **Reprogramming & Shifting Subconscious Patterns**

- What new belief would completely transform my life if I fully embraced it?
- What daily habits or thought patterns reinforce my old programming?
- How can I introduce more self-compassion into my inner dialogue?
- What would my highest self say to me about the patterns I'm holding onto?
- What's one small step I can take today to shift a deeply ingrained belief?

