SAME OLE? SAME OLE?

Do your relationships often feel like you're dealing with the same person only in a different body? Do you find yourself making the same complaints or having the same issues with most people? Do you sometimes blame you or do you always blame them? It doesn't have to be romantic; work, neighbors, people on the periphery of your life count. We often repeat patterns by either picking people who will fulfill an image we have of ourselves or play the right role an in old relationship we just seem to have on a loop as the story of our lives. Do your boyfriends remind you of dad? Does your boss feel like your older brother the bully? We all do this, so don't beat yourself up. Just declare something needs to change and it's probably me.

Then write down the people who fit this description either in the present or the past. What do they have in common? What do you have to change in you to end this negative pattern of behavior?

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