

THE FULL *Pattern Mirror*

A trauma bond clarity worksheet
for the woman who keeps remembering
the good moments but forgetting the full pattern.



STOP REPLAYING THE GOOD MOMENT.

Look at the full pattern.

HE RESTORES
MY SOUL
PSALM 23:3



Today I choose:

- ☐ Clarity over confusion
- ☐ Truth over feelings
- ☐ Healing over hoping
- ☐ Freedom over the cycle
- ☐ God's plan over pain



For the woman who left,
but still feels emotionally tied.

This worksheet will help you:

- see what keeps pulling you back
- understand what you keep minimising
- break the cycle with truth and clarity





Welcome!

This worksheet was created to help you slow down, reflect honestly, and see the full pattern, not just the good moments your heart keeps replaying, the moments that can sometimes pull you back into what God is trying to heal you from.

Take your time as you work through it. Be gentle with yourself, but be honest too. Remember that God loves you. Remember that you are fearfully and wonderfully made.

This is not about shame. It is about clarity. It is about healing. And most importantly, it is about choosing freedom because he whom the Son sets free is truly free.

My prayer is that by the end of this worksheet, that your heart will begin to heal, and that you will be made whole in Jesus' name.

xo, Prolific Lerato



THE CYCLE SNAPSHOT

WHAT KEPT REPEATING?

THE TRIGGER

WHAT USUALLY STARTED THE EMOTIONAL PAIN?
HE WITHDREW? HE BLAMED ME?

MY REACTION

WHAT HAPPENED INSIDE ME?
I PANICKED? I BLAMED MYSELF?

THE RELIEF

WHAT PULLED ME BACK?
HE PROMISED TO CHANGE? HE APOLOGISED?

THE REPEAT

HOW MANY TIMES DID THIS CYCLE HAPPEN?

MY CYCLE IN ONE SENTENCE

WHEN HE _____, I FELT _____.
THEN I _____, AND WHEN HE
_____, I FELT RELIEVED AND WENT BACK INTO
HOPE.

SELF-REFLECTION: THE FULL PATTERN MIRROR

What I remember vs what I must not forget
Complete the mirror.

1

The good moment I keep replaying.

Example: He apologised and said he loved me.

2

The full pattern I keep minimising.

Example: *He kept repeating the same behaviour after apologising.*

3

What it cost me

Example: *I lost peace and kept going back.*

QUICK TRUTH CHECK

TICK THE TRUTH YOU NEED TO FACE.

- ☐ AN APOLOGY IS NOT THE SAME AS CHANGE.
- ☐ CHEMISTRY IS NOT THE SAME AS COVENANT.
- ☐ GOOD MOMENTS DO NOT ERASE THE REPEATED PATTERN.
- ☐ MISSING HIM DOES NOT MEAN I SHOULD RETURN.
- ☐ OTHER:

MY FULL PATTERN STATEMENT

- YES, THERE WERE GOOD MOMENTS, BUT THE FULL PATTERN WAS:

- WHAT I MUST STOP FORGETTING IS:

- THE TRUTH I NEED TO ACCEPT IS:

THE HIDDEN NEED

WHAT WAS THIS RELATIONSHIP FEEDING IN ME?

SOMETIMES YOU ARE NOT ONLY ATTACHED TO THE MAN.

YOU MAY BE ATTACHED TO THE NEED HE SEEMED TO ANSWER.

TICK WHAT FEELS TRUE: I WANTED TO FEEL:

- ☐ CHOSEN AND NEEDED _____
- ☐ SEEN AND SPECIAL _____
- ☐ PURSUED _____
- ☐ SAFE _____
- ☐ OTHER: _____

FINISH THE SENTENCE

- UNDERNEATH "I MISS HIM," I THINK I MAY BE MISSING:

- UNDERNEATH "I CANNOT LET GO," I THINK I MAY BE AFRAID OF:

- THE WOUND THIS RELATIONSHIP TOUCHED IN ME WAS:



Biblical mirror: The Woman at the Well

Jesus did not shame the woman at the well. He revealed the deeper thirst.

Sometimes the issue is not only the relationship. Sometimes it is the thirst underneath it.

The thirst to be chosen.

The thirst to be loved.

The thirst to be seen.

The thirst to stop feeling alone.

Scripture

John 4:13-14 NLT

“Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again.”

xo, Prolific Lerato



THE 24-HOUR PULL-BACK PLAN

FOR THE MOMENT I MISS HIM, WANT CLOSURE, WANT TO REPLY, OR WANT TO GO BACK.

WHEN I FEEL PULLED BACK, I WILL NOT MAKE A DECISION FROM PANIC, GUILT, LONELINESS, OR LONGING.

FOR THE NEXT 24 HOURS, I WILL NOT:

- ☐ REPLY OR CALL BACK
- ☐ CHECK HIS PAGE
- ☐ ASK ABOUT HIM
- ☐ REREAD OLD MESSAGES
- ☐ OTHER:

INSTEAD, I WILL:

- **WRITE DOWN WHAT YOU WILL DO: "PRAY/TAKE A WALK/SLEEP/READ MY BIBLE**

- **MY SAFE PERSON**
NAME: _____
- **MESSAGE I WILL SEND:**
"HEY, I FEEL PULLED BACK TODAY. PLEASE REMIND ME OF THE FULL PATTERN AND HELP ME NOT MAKE AN EMOTIONAL DECISION."

IF HE REACHES OUT, I WILL SAY: (WRITE IT BELOW)



Final declaration

I can miss the good moments and still honour the full truth.
I do not need another conversation to accept what the pattern has already revealed.
Missing him is not instruction to return.
Relief is not peace.
I am not only breaking free from a man.
I am breaking free from a pattern.

If this worksheet helped you see clearly, the full process is coming.
Breaking Free: The Trauma Bond Recovery Toolkit
A guided healing workbook for women who left the relationship but still feel emotionally tied.

Join the waitlist on The Prepared Wife website.

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