

## A HEADSTRAIGHT - SEASON 2, EPISODE 3

Title: Why You Keep Repeating the Same Mistakes—and How to Stop Quick Reference Cheat Sheet

## MAIN POINTS

- Toxic patterns feel familiar—not dramatic. They quietly drain you while keeping you stuck.
- These behaviours are learned. Most patterns were once survival strategies that no longer serve you.
- Catching the pattern is the turning point. Awareness creates distance—and distance gives choice.
- Discomfort is part of the shift. Growth feels wrong at first because it's new—not because it's wrong.

### **TOOLS & STRATEGIES**

- Name the Pattern: "This is me disappearing when I feel vulnerable."
- **Interrupt the Loop:** Choose one small action that breaks your usual response.
- Reconnect to Your Why: Keep your reason visible—remind yourself why the discomfort is worth it.

#### ? REFLECTION QUESTIONS

- What's a pattern you keep repeating even though it hurts?
- Where do you think that behaviour came from?
- What does it cost you when you keep playing it out?
- What's one small way you could do it differently this week?

• Who are you becoming by choosing the new path?

# LIGHTBULB MOMENTS

- "That's not who you are. That's who you learned to be."
- "You're not broken. You're using old tools in the wrong context."
- "Discomfort doesn't mean failure—it often means growth."