



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.
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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.
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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?
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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.”*