



Trust Pattern Reflection Scorecard

Purpose:
 A reflective tool to help you observe, track, and pause repeating emotional patterns, especially in trust and relational dynamics — without judgment.

1. Familiarity vs Safety Checklist

For each statement below, circle the option that feels closest to your internal experience.

Statement	Often	Sometimes	Rarely
Do familiar people feel “safer” even when they’ve hurt you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does calm or stability feel uncomfortable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do intense emotions feel more real than steady connection?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you find yourself choosing what feels familiar over what feels healthy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do peaceful relationships feel boring or empty at first?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Reflection:

Which statements did you mark “Often”? What does that suggest about what your nervous system has learned to associate with safety?

2. Nervous System Signal Tracker

This section helps you tune into how your body reacts — beyond thoughts and logic.

For each reaction, **note whether your body's response is Calm, Alert, Nervous, or Overactivated.**

Trigger	Calm	Alert	Nervous	Overactivated
<i>New relationship feels uncertain</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Familiar conflict arises</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Someone offers consistent care</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Silence or downtime in connection</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Future-focused conversation (plans, stability)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Reflection:

What patterns do you notice? Are old emotional signals still treated like threat or reward?

3. Intensity vs Stability Scale

Rate each emotional experience from 1 to 10 — where 1 feels stable and regulated, and 10 feels intense and reactive.

Experience	1 (Stable)	5 (Moderate)	10 (Intense)
<i>First meetings with someone new</i>	1 2 3 4 5 6 7 8 9 10		
<i>Emotional arguments</i>	1 2 3 4 5 6 7 8 9 10		
<i>Quiet, calm connection</i>	1 2 3 4 5 6 7 8 9 10		
<i>Anticipation of conflict</i>	1 2 3 4 5 6 7 8 9 10		
<i>Moments of peace</i>	1 2 3 4 5 6 7 8 9 10		

Reflection:

Where do you place peace on the scale compared to intensity? What does this say about emotional safety signals still at work?

□ 4. “Old Pattern / New Pause” Reflection Page

Whenever you notice a familiar pattern emerging — especially before acting on it — pause and write:

1. What’s the Pattern?

(Example: “I reach for someone emotionally unavailable.”)

2. What Emotional Need Is Being Activated?

(Example: “I want reassurance, familiarity, a sense of intensity.”)

3. What Does the Pattern Expect?

(Example: “That instability = connection.”)

4. What Could a New Response Be?

(Example: “Pause and check in with breath. Ask myself: Do I want comfort — or familiarity?”)

5. Physically — How Does My Body Respond Right Now?

(Example: “Tight chest, fast breath, wanting to reach out.”)

6. What Would My Nervous System Need to Feel Safe Right Now?

(Example: “Consistency, calm voice, space to reflect.”)

Gentle Action:

Before you act on the old pattern, trust the pause. Ask yourself: “Is this familiar — or safe?”

How to Use This Scorecard

- ✓ Use it once after reading
- ✓ Use it weekly as self-reflection
- ✓ Use it anytime a familiar emotional pattern arises
- ✓ Track changes over time

This scorecard is not about fixing you — it’s about seeing you.