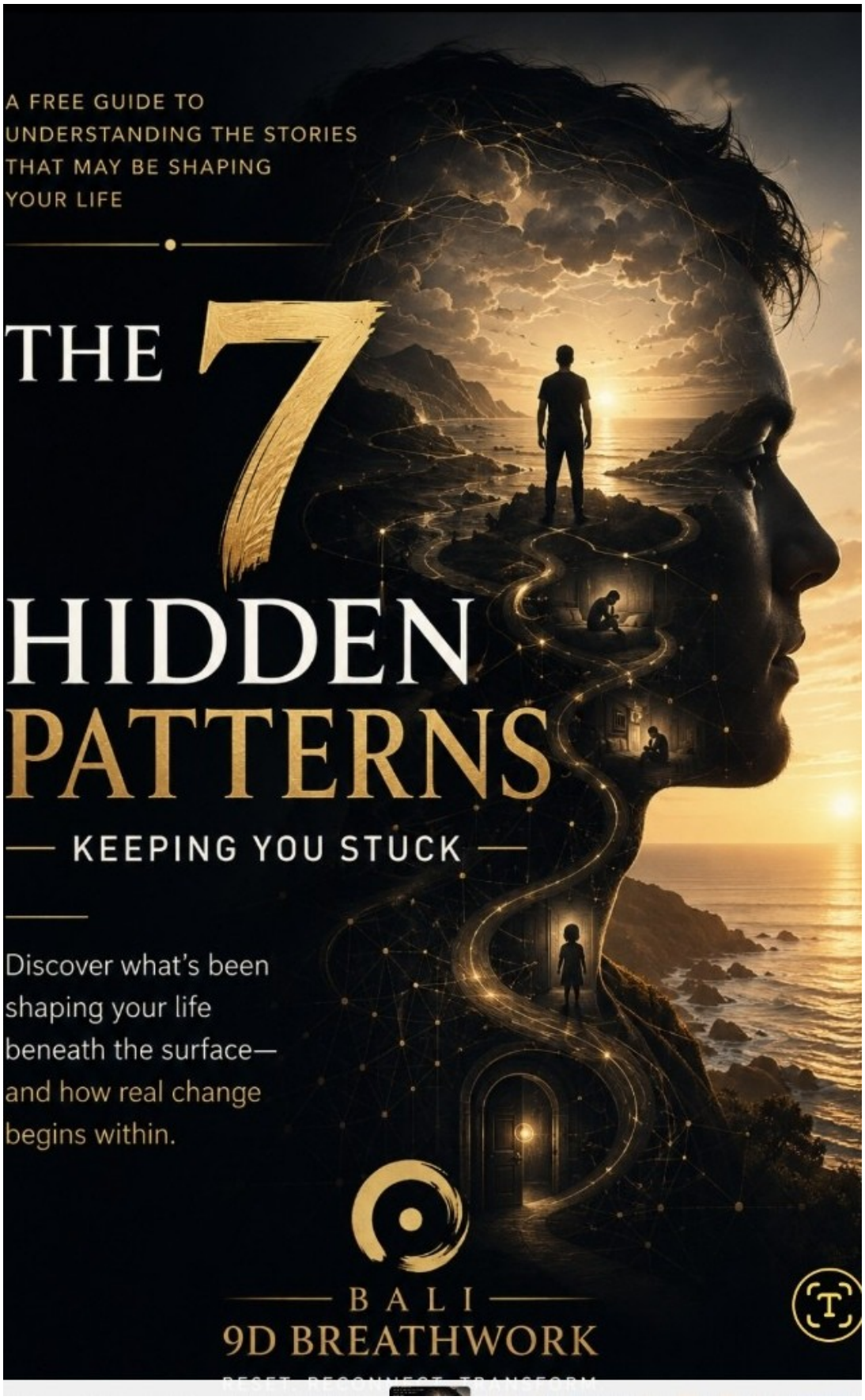
A FREE GUIDE TO
UNDERSTANDING THE STORIES
THAT MAY BE SHAPING
YOUR LIFE
THE 7
HIDDEN
PATTERNS
KEEPING YOU STUCK
Discover what's been
shaping your life
beneath the surface—
and how real change
begins within.
BALI
9D BREATHWORK

A Note Before You Begin

This guide is not about putting you into a box. It is about helping you notice patterns that may have been running quietly in the background of your life often without your conscious awareness.

You may recognise yourself strongly in one of the 7 patterns, a little in several, or different patterns at different stages of your life.

That is normal.

Human behaviour is complex, and these seven patterns are not diagnoses. They are lenses - simple ways to notice recurring ways of thinking, feeling and responding.

The purpose is not to blame your past, your parents, your circumstances or yourself. It is to become curious.

Because once you can see a pattern, you have more choice about whether you continue it.

If any part of this guide brings up difficult emotions or memories, go gently. This book is educational and reflective, not a substitute for medical or mental-health care.

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Introduction - Why You Feel Stuck

Have you ever looked at an area of your life and thought: I know what I should do. So why am I not doing it?

Perhaps you have worked hard, read the books, made plans, promised yourself that this time will be different - and yet somehow you find yourself back in a familiar place.

The relationship changes, but the same feelings appear. The job changes, but the same frustration follows you. You earn more, yet still feel unsafe. You make a new plan, then delay starting it.

You finally get an opportunity, then find a reason you are not ready.

When this happens often enough, it is easy to conclude that something is wrong with you.

But there is another possibility.

What if an old pattern, old programming is repeatedly pulling you back toward what feels familiar?

Much of human behavior happens automatically. We learn associations, expectations, emotional responses and ways of protecting ourselves long before we consciously examine them.

Over time, those responses can become so familiar that we mistake them for personality. We say, 'That's just the way I am.

' But 'the way I am' and 'the way I learned to respond' are not necessarily the same thing.

This guide introduces seven common stuck patterns. They are deliberately simple. Their purpose is to help you recognise what may be happening beneath the surface and become curious about what could change.

The Two Worlds We Live In

There are two worlds we spend our lives trying to manage.

The Outside World

This is the visible world: money, career, relationships, health, family, business, where we live, what we own and what other people think of us. Most of us are taught to focus here. If something is not working, we change the strategy, work harder, find a new partner, make another plan or set another goal. In addition the things we hear, the things we see can seem like reality.

The Inside World

This is the less visible world: beliefs, expectations, memories, emotional associations, identity, self-talk and the meaning we give to what happens.

The outside world matters. But our experience of it is constantly filtered through the inside world.

Two people can face the same opportunity. One sees possibility; the other sees danger. Two people receive the same criticism. One considers it and moves on; the other replays it for days.

One sees the glass half full one sees the glass half empty.

Same glass different perspective.

We do not respond only to what happens. We respond to the meaning we give to what happens to us.

That meaning is often shaped by programs install at the subconscious level, below out conscious awareness.

If you keep changing the outside while the same internal pattern remains untouched, life can begin to feel like a series of different situations producing strangely familiar results.

How the Patterns Begin

Children are extraordinary learning machines.

In the early years we absorb language, behaviour, emotional cues and rules about how the world works. Its as if we’re a sponge taking it all in.

We learn not only from what adults tell us, but from what we repeatedly experience and observe.

A child does not need to make a conscious decision such as, 'From now on I will avoid conflict,' or, 'I must achieve to be worthy.' The learning can be much simpler: conflict feels dangerous; praise arrives when I perform; love feels uncertain; mistakes bring embarrassment; keeping everyone happy keeps the peace.

Even the break up of the family during a divorce can be interpreted as” it’s my fault”.

Abusive relationship, as a child or even later in life can have profound negative consequences for decades.

Later, the original circumstances may be gone, but the response can remain. Not every pattern begins in childhood.

Important relationships, losses, failures, successes, culture, work and repeated adult experiences can also shape us.

The important point is that a pattern that once made sense can become limiting later.

A strategy that once protected you can eventually become the thing that confines you, makes you feel not loveable, anxious, lingering trauma and much more.

So, as you read the next seven sections, do not ask, 'What is wrong with me?' Ask, 'Where do I recognise this - and what might it have been trying to do for me?'

Pattern 1 - The Waiting Trap

I'll start when... When you have more time. When you have more money. When you feel confident. When the children are older. When work settles down. When you have done more research. When you finally feel ready. The Waiting Trap is convincing because its reasons often sound sensible. Sometimes waiting really is wise. The pattern appears when waiting becomes your default response to uncertainty.

What it can look like

You think about the change far more than you practise it. You prepare repeatedly but struggle to begin. You keep moving the starting line. You tell yourself motivation must arrive first.

What may be underneath it

Waiting can protect you from exposure. If you do not begin, you cannot fail. You cannot be judged. You do not have to discover whether the dream is harder than the fantasy. The cost is that readiness becomes a condition you may never satisfy.

The beginning of the reset

Replace 'Am I ready?' with 'What is the smallest useful action I can take now?'

Send the email. Walk for ten minutes. Write one page. Make the call. Book the appointment. Spend fifteen minutes learning the skill. Action does not always follow confidence. Very often, confidence follows action.

Ask yourself

What have I been waiting to feel before I allow myself to begin?

Pattern 2 - The Perfection Shield

If I can't do it properly, I would rather not do it at all.

Perfectionism can look like high standards.

Sometimes it is.

But it can also become a sophisticated form of avoidance.

You keep editing. Keep researching. Keep redesigning. Keep finding one more thing that needs improvement. A good idea is abandoned because it is not yet exceptional.

What it can look like

You delay sharing work until it feels flawless. Small mistakes feel disproportionately important. You compare your beginning with somebody else's polished result. You discard progress because it does not match the picture in your head.

What may be underneath it

For some people, being correct, capable or impressive became associated with approval or safety. Mistakes may have felt embarrassing, criticised or costly. Perfection then becomes a shield: if the work is perfect, perhaps you cannot be rejected.

The beginning of the reset

Practise completion. Decide in advance what 'good enough to move forward' means. For many everyday projects, 80 percent and released teaches you more than 100 percent and hidden. Your first version does not need to prove your worth. It only needs to exist.

Ask yourself

Where has my desire to do something well quietly become a reason not to finish it?

Pattern 3 - The People Pleaser Loop

I don't want to let anyone down.

Caring about other people is a strength.

Losing yourself in order to keep everyone else comfortable is something different. The People Pleaser Loop appears when approval, harmony or avoiding disappointment repeatedly takes priority over your own limits and needs.

What it can look like

You say yes while internally wanting to say no. You explain yourself excessively. You feel guilty when setting boundaries. You monitor other people's moods. You avoid difficult conversations until resentment builds.

What may be underneath it

Some people learn early that harmony feels safer than disagreement. Being helpful, agreeable or easy may have brought praise or reduced tension. The adult version can become an unconscious equation: if they are happy with me, I am safe.

The beginning of the reset

Start with small, respectful boundaries. Pause before answering requests. Replace the automatic yes with, 'Let me think about that.'

Notice

that another person's disappointment is not automatically evidence that you have done something wrong. A boundary is not a rejection of another person. It is information about where you end and they begin.

Ask yourself

What am I agreeing to because I genuinely want to - and what am I agreeing to because I fear the reaction if I don't?

Pattern 4 - The Past Anchor

Last time it went wrong, so why would this time be different?

Experience is supposed to teach us.

The problem begins when yesterday stops being information and becomes a prediction. A failed business can become 'I'm bad at business.' A painful relationship can become 'People always leave.' One rejection can quietly become a rule about what you deserve.

What it can look like

You replay old mistakes. You expect history to repeat itself. New opportunities are judged through old disappointments. You carry shame long after the event has ended.

What may be underneath it

The brain naturally uses previous experience to anticipate what comes next. That is useful when the danger is real. It becomes limiting when an old outcome is treated as proof of a future one.

The beginning of the reset

Separate the event from the identity. Instead of 'I failed,' try 'That attempt failed.' Instead of 'I always choose badly,' ask, 'What did I not know then that I know now?' The past can be a teacher without being your address.

Ask yourself

Which old event am I still using as evidence for what is possible today?

Pattern 5 - The Control Pattern

If I can control everything, perhaps nothing can go wrong.

Planning, preparation and responsibility are valuable.

Control becomes a trap when uncertainty itself begins to feel intolerable. You try to anticipate every outcome. Delegating feels uncomfortable. Other people's unpredictability creates tension. Relaxing can even feel irresponsible.

What it can look like

You over-plan. You struggle when plans change. You take on tasks because doing them yourself feels safer. You mentally rehearse future problems. You confuse certainty with security.

What may be underneath it

If life once felt chaotic, inconsistent or unpredictable, control can become an understandable attempt to create safety. The difficulty is that life refuses to become completely controllable.

The beginning of the reset

Distinguish between influence and control. Ask: What can I act on? What can I prepare for? What must I allow to unfold? Then deliberately leave small things imperfect or undecided and notice that you can tolerate the uncertainty. Peace does not require knowing exactly what happens next.

Ask yourself

What am I trying to control because I do not trust myself to handle the unexpected?

Pattern 6 - The Proving Pattern

When I achieve enough, then I'll feel enough.

Ambition can create extraordinary lives.

But achievement becomes exhausting when it is carrying a job it was never designed to do: proving your worth. There is always another target. Another number. Another qualification. Another person to impress. Success produces relief, but the relief does not last.

What it can look like

Rest makes you uncomfortable. You compare constantly. Praise feels good but fades quickly. Achievement becomes part of your identity. You find it difficult to enjoy what you have because your attention immediately moves to what is next.

What may be underneath it

Perhaps attention followed achievement. Perhaps being useful, strong, clever or successful became the version of you that received recognition. There is nothing wrong with succeeding. The question is whether you are moving toward something meaningful or running away from a feeling of not being enough.

The beginning of the reset

Keep your ambition, but separate performance from worth. Practise doing some things because they matter to you rather than because they validate you.

Notice

achievements before immediately replacing them with another target. You can want more from life without requiring more achievements to justify your existence.

Ask yourself

If nobody could see or applaud this achievement, would I still want it?

Pattern 7 - The Familiarity Trap

I know this isn't working, but somehow, I keep ending up here.

Human beings do not always choose what is best for them.

We often gravitate toward what is familiar.

That can mean familiar relationship dynamics, familiar financial behaviour, familiar levels of success, familiar conflict or familiar ways of talking to ourselves. Even positive change can feel strangely uncomfortable because it asks us to become unfamiliar to ourselves.

What it can look like

You return to the same type of relationship. You make progress and then sabotage it. Calm feels boring. A new identity feels unnatural. When life starts improving, you find yourself creating reasons to retreat.

What may be underneath it

Familiarity is predictable. Predictability can feel safe, even when the familiar experience is not especially pleasant. This is why change is more than knowing what you want. Part of change is learning to tolerate the unfamiliar long enough for it to become your new normal.

The beginning of the reset

Expect unfamiliarity. When a healthier response feels awkward, do not immediately interpret that feeling as evidence that the response is wrong. Stay with the new behaviour a little longer. Sometimes discomfort is not a warning to go back. It is simply the sensation of doing something differently.

Ask yourself

What familiar experience do I keep recreating, even though consciously I say I want something different?

You May Recognise More Than One

These patterns rarely live in isolation.

The Perfection Shield can feed the Waiting Trap: you wait because you cannot begin imperfectly.

The People Pleaser Loop can feed the Control Pattern: you try to manage everything so nobody becomes unhappy. The Past Anchor can strengthen the Familiarity Trap:

an old experience becomes the reason you return to what you already know. You do not need to decide which single pattern you 'are.' You are not any of them.

Instead, notice which patterns appear most often, what situations activate them and what they seem to be protecting you from. The goal is not to label yourself. The goal is to recognise yourself.

A simple reflection

Choose the two patterns that felt most familiar. For each one, write down:

- Where does this show up most strongly in my life?
- What does this pattern help me avoid or protect me from?
- What does it cost me?
- What would I do differently if this pattern had 20 percent less influence over me?

Awareness Is the First Step. Change Is the Next.

Awareness matters because an invisible pattern feels like reality.

Once you can see it, you can begin to interrupt it. But insight alone does not always create change.

You can understand exactly why you procrastinate and still procrastinate. You can know why you people-please and still hear yourself saying yes. You can recognise an old emotional reaction and still feel it arrive in your body before you have time to think. That is because patterns are not merely intellectual ideas.

They can involve thought, emotion, physiology, habit, memory and identity. A useful reset therefore works at more than one level.

Notice

Catch the pattern without attacking yourself for having it.

Name

Give it simple language: 'This is the Waiting Trap,' or, 'I am trying to prove myself again.' Naming creates distance.

Interrupt

Do one thing that the old pattern would not normally do. Start before you feel ready. Say a respectful no. Submit the imperfect work. Allow somebody else to handle something. Stay present when the unfamiliar feels uncomfortable.

Repeat

One different choice does not erase years of conditioning. Repetition matters. Each time you respond differently, you give yourself evidence that another response is available. You do not have to transform your whole life today. You need to stop automatically repeating yesterday.

Your Reset Begins Here

There are moments when we do not need more information.

We need an experience that helps us step outside the familiar noise long enough to see ourselves differently.

That is one reason practices involving breath, reflection, meditation, movement and intentional change can be powerful.

They create space between the automatic pattern and the next response. At Bali 9D Breathwork, immersive breathwork journeys are designed to support experiences of release, regulation, reconnection and integration.

People come for many different reasons: stress, emotional heaviness, curiosity, a desire for change, or simply the feeling that something in life needs to shift.

No single session, method or retreat can promise to solve a person's life. Real change is personal and often gradual. But a meaningful experience can become a line in the sand - a moment when you stop merely understanding that change is possible and begin participating in it.

Recognition opens the door. The reset begins when you choose a different response.

A Final Reflection

Go back to the pattern that affected you most. Do not try to fix everything. Complete these four sentences:

- The pattern I recognise most is...
- I think it may have been trying to protect me from...
- Today it costs me...
- One small response I am willing to practise differently is... Then take that one action. Not next month. Not when you become a different person. Not when fear disappears. Take it as the person you are today. You are not your patterns. They are something you learned. And what has been learned can be changed.

Your Story Is Not Finished.

Much of the operating system you are running today was written before you were consciously aware that it was being written.

Experiences became meanings. Meanings became beliefs. Beliefs became patterns. And repeated often enough, those patterns began to feel like you.

But they are not you.

They are programs you learned to run.

And one of the most important things to understand about any program is this:
It can be rewritten.

The difference now is that you are no longer the child unconsciously absorbing the world around you. You are the adult who can become aware of the old programming, question it, interrupt it and consciously choose what comes next.

You don't have to keep waiting because you learned to wait.
You don't have to keep proving yourself because somewhere along the way you decided you weren't enough.

You don't have to control everything to feel safe, please everyone to feel accepted, or keep returning to what is familiar simply because your nervous system recognises it.

Awareness gives you a choice. And choice is where change begins.

Perhaps that is the real purpose of this book.

Not to tell you what is wrong with you, but to help you recognise what may have been running automatically in the background — and to remind you that the past may have written the first version of your operating system, but it does not have to write the next one. This time, you get to participate consciously.

You get to decide which beliefs still belong.
Which patterns you are ready to release.
Which story you want to stop repeating.
And, perhaps most importantly:
Who do you choose to become next?

The past may have written the first version of your operating system, but it can be you who gets to write the next one.

About Lisa and Graham and Bali 9D Breathwork

Graham Bibby has spent decades exploring performance, decision-making, human behaviour and personal change. His work draws on extensive professional experience as well as training in NLP, Time Line Therapy and hypnosis, with a continuing interest in what helps people move beyond limiting patterns and create meaningful change. Lisa is Bali's Indonesian Certified Bali 9D Breathwork Faclitator bringing immersive 9D Breathwork experiences to Bali through facilitated journeys designed around themes such as release, reset, reconnection and integration.

This guide is an invitation to begin with awareness: to recognise the patterns that may be shaping your choices and become curious about what is possible when you stop living entirely from the old script. For current sessions, collaborations and future Reset Retreats, visit bali9dbreathwork.com.