

Understanding My Reassurance Patterns

Reassurance isn't weakness. Understanding what drives your need for reassurance can help you respond with more awareness and self-compassion.

What situations usually trigger reassurance-seeking for me? (examples: slow responses, cancelled plans, conflict, etc)

What am I usually afraid will happen? (example: they'll leave me)

What story does my brain tell me? (examples: they hate me, I'm not good enough, etc)

How do I usually seek reassurance?

What reassurance helps the most? And what happens after I get reassurance?

What am I learning about my reassurance patterns?
