Pattern Snapshot Self-Assessment

Think about only one relationship or recurring situation while responding to this self-assessment. For each statement, write the number that reflects how often the statement is true for you when uneasiness arises in the relationship or situation you choose.

0 = Rarely | 1 = Sometimes | 2 = Often

TRIANGLES *Relieving tension in a relationship by involving a third person*

1. I talk about others in ways I would not in their presence. ___
2. I ask others to deliver messages for me, rather than communicate directly. ___
3. I step in to mediate or smooth things over when there is tension between others. ___
4. I focus on a third person, rather than on my relationship. ___
5. I align with one side when others are in disagreement. ___
6. I go around the person to others, rather than address them directly. ___

Total ___ /12

OVER / UNDER-FUNCTIONING *Taking on responsibility for one who cedes responsibility for themselves*

Over-Functioning

1. I take over tasks to ensure they get done right. ___
2. I offer unsolicited advice. ___
3. I do things for others that they can do for themselves. ___

Under-Functioning

4. I wait for others to decide, then question their decision. ___
5. I downplay my ability to act for myself, and allow others to do for me. ___
6. I rely on others rather than form my own opinion. ___

Total ___ /12

CONFLICT *Disagreement coupled with emotional intensity; either overt or covert*

Overt

1. I criticize or blame others. ___
2. It's important for me to be seen as right. ___
3. I revisit the same issues repeatedly with the same people. ___

Covert

4. I indicate that I agree (or remain silent) when I actually disagree. ___
5. I say that someone else disagrees, when it's me who disagrees. ___
6. I say that I agree and then act contrary to the agreement. ___

Total ___ /12

DISTANCE *Intense emotional separateness; either pulling away or forcing together*

Pulling Away

1. I avoid uncomfortable conversations. ___
2. I disengage emotionally when situations get tense. ___
3. I keep important thoughts to myself. ___

Forcing Together

4. I make decisions based on what my family wants, not what I sense is right for me. ___
5. I consider disagreement to be disloyal. ___
6. I insist my family does everything together or thinks alike on certain topics. ___

Total ___ /12

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What It Means

Total your scores for each pattern.

Your highest score tells you which pattern your reactivity tends to show up in most often. If your highest score is the same for more than one pattern, simply note that.

Highest Score: _____ **Pattern:** _____

This score and pattern do not define you.

They are simply data points that reveal the pattern you currently get caught in when tensions rise in the chosen relationship.

You may decide to take the assessment again regarding a different relationship, and your results may be different. You may also take it again regarding the same relationship after you've practiced engaging differently in that relationship.

What These Patterns Are Doing

These patterns are not problems to "fix." They are automatic, natural reactions that temporarily ease discomfort from tensions, often at the expense of clarity, connection and leadership. They are part of the other inheritance that has been passed down without anyone realizing it. While these patterns are automatic and you may not be aware of them, repeatedly relying on these patterns limits your ability to respond thoughtfully when it matters most. This in turn limits what is possible.

What You Can Do

When one person chooses to interrupt the patterns and engage differently, it shifts what becomes possible.

You can be that person.

The "OPRAS" practices outlined on the next page can be a resource in engaging differently.

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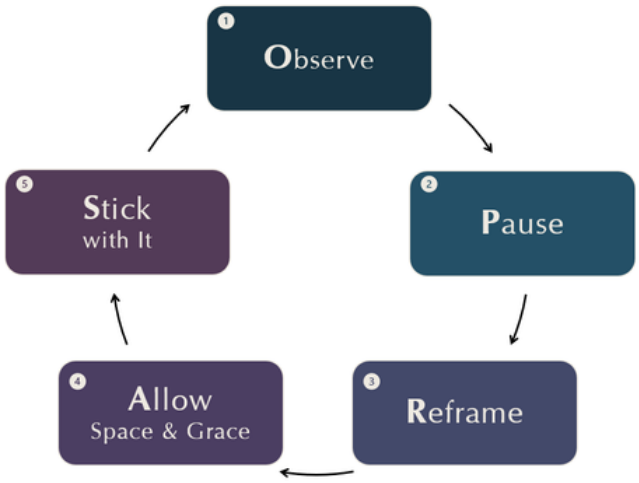
OPRAS: Practices For Engaging Differently

"OPRAS" is an acronym for a set of practices that increase your awareness of the default patterns, help you interrupt them, stay grounded and stay connected when tensions rise.



To engage differently when tensions rise, choose one small action to implement. Practice it consistently. Make written notes about what happens over time within you – and within your relationships. Then choose another action – again and again. Small changes compound over time.

O Observe	**Rather than make judgments and assumptions:** • Notice what you do when tensions rise. • Pay attention to where tensions show up in your body (e.g., racing heartbeat, shallow breathing) • Focus on the facts – who, what, when, where (not why, which leads to speculation and blame).
P Pause	**Rather than act in the heat of the moment:** • Interrupt your automatic impulse to react as part of a default pattern. • Move into your body (and out of your head). • Adopt practices that settle your nervous system.
R Reframe	**Rather than focus on others:** • Clarify your guiding principles; define what you will and will not do. • Reflect on what you can do differently; small shifts compound over time. • Get genuinely curious and ask thoughtful questions.
A Allow Space & Grace	**Rather than focus on what you think "should" happen:** • Be patient – with yourself and others. • Make room for differences; they're a part of life. • Determine how you can extend to others the space and grace you want for yourself.
S Stick With It	**Rather than give up after a few attempts:** • Stay connected one-on-one without trying to "fix" others or control the outcome. • Persevere; shifting longstanding patterns takes time. • Decide how you will measure the growth you see in yourself over time.

How you lead yourself – especially when tensions rise – shapes both the present and the future.

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