

Breaking the Cycle: A Gentle Guide to Healing Emotional Patterns, Understanding Triggers, and Reclaiming Your Identity.

Introduction:

I know what it feels like to carry pain that seems to follow you everywhere - because I've lived it myself. My journey into healing didn't begin with books, coaching or certifications; it began with my own story.

I grew up in a home shaped by unresolved trauma. My parents struggled with their own wounds, and my father battled severe mental health challenges. When my parents divorced while I was still very young, my father moved away and was often in and out of psychiatric care. My brother and I saw him only occasionally growing up. Experiences like these left deep emotional imprints that I didn't fully understand at the time.

As an adult, those early patterns showed up in my life in ways I couldn't ignore. I found myself repeating unhealthy relationship dynamics, seeking validation from emotionally unavailable partners, and using things like alcohol, work changes, and even moving countries to escape the pain. But no matter where I went, the underlying hurt followed.

Then something changed. When I finally became a mother myself, everything shifted. Holding my child made me realize how deeply our early experiences shape us - and how much I wanted to break the cycle. That moment marked the real beginning of my healing journey. I explored therapy, books, and coaching, but the most profound transformation came when I began working directly with my nervous system.

For the first time, I realized that many of my behaviors weren't personal flaws—they were trauma responses. My nervous system had been conditioned to repeat familiar patterns: fearing abandonment



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and chasing the kind of love that once hurt me. Understanding this changed everything.

THIS GUIDE IS FOR YOU!

Many women reach a point where they realise they have been living according to patterns they never consciously chose.

These patterns often come from childhood experiences, family expectations, or generational beliefs passed down over time.

Emotional healing begins when we pause and ask ourselves an important question:

“Who am I beneath the patterns I learned to survive?”

This guide will help you begin that journey.

1. Understanding Generational Cycles

Generational cycles are patterns of behaviour, beliefs, and emotional responses that are passed down within families.

These patterns are often learned unconsciously.

Examples include:

- difficulty expressing emotions
- people-pleasing or fear of conflict
- patterns of unhealthy relationships
- beliefs about self-worth or identity
- emotional avoidance or suppression

Often, these behaviours were survival strategies for previous generations.

Breaking the cycle does not mean blaming those who came before us. It means choosing a healthier path moving forward.



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Reflection Exercise

Ask yourself:

- What emotional patterns do I see repeated in my family?
- What beliefs about myself did I learn growing up?
- Which patterns no longer serve the person I want to become?

2. Identifying Emotional Triggers

An emotional trigger is a situation that causes a strong emotional reaction.

Triggers often occur when something reminds us of past emotional experiences.

Common signs of triggers include:

- feeling suddenly overwhelmed
- reacting more strongly than the situation requires
- feeling rejected, criticised, or misunderstood
- shutting down emotionally

Reflection Exercise

Think about a recent situation where you felt emotionally triggered.

Ask yourself:

- What exactly happened?
- What emotion did I feel most strongly?
- Does this feeling remind me of an earlier experience in my life?

3. Reconnecting With Your Identity

Many people lose connection with their true identity when they spend years adapting to survive emotionally.

Reconnecting with your identity means rediscovering:



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- your values
- your boundaries
- your voice
- your emotional needs

Healing begins when you allow yourself to explore who you truly are beneath expectations and survival patterns.

Reflection Exercise

Complete these sentences:

- The person I feel I truly am is someone who...
- The parts of myself I want to reclaim are...
- The life I want to create moving forward includes...

4. Small Steps Toward Emotional Healing

Healing does not happen overnight.

It happens through small, consistent moments of awareness and compassion toward yourself.

Helpful steps include:

- noticing your emotional patterns without judgement
- setting healthy boundaries
- practising self-reflection
- allowing yourself to process emotions safely
- seeking supportive environments

Closing Reflection

Healing generational patterns is one of the most powerful gifts you can give yourself and future generations.

Every moment of awareness creates the possibility for change.



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Next Step

If you feel called to explore this work more deeply, I offer coaching that supports women in reconnecting with their identity, understanding emotional patterns, and building healthier ways of relating to themselves and others.

You can learn more or book a 30-minute free Discovery Call here:

<https://calendar.app.google/7FL6x84RwNouy4cJ7>

I look forward to seeing you soon!

Warm regards,

Dominique - Come Tribe With Me



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