

DAY 22 - STUDENT EMOTIONAL PATTERNS & SAMSKARAS WORKBOOK

दिन 22 - छात्र कार्यपुस्तिका

EMOTIONAL PATTERNS & SAMSKARAS

भावनात्मक पैटर्न और संस्कार

Pattern Identification, Mapping & Exploration

पैटर्न पहचान, मैपिंग और अन्वेषण

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: WEEK 3 REVIEW & WEEK 4 PREVIEW

सप्ताह 3 समीक्षा और सप्ताह 4 पूर्ववलोकन

What I learned in Week 3 (Energy Work):

My biggest takeaway from Week 3:

Week 4 Focus: BHAVANA SADHANA + INNER CHILD HEALING

What I hope to learn this week:

SECTION 2: UNDERSTANDING SAMSKARAS

संस्कारों को समझना

2.1 KEY DEFINITIONS मुख्य परिभाषाएं

SAMSKARA (संस्कार) = _____

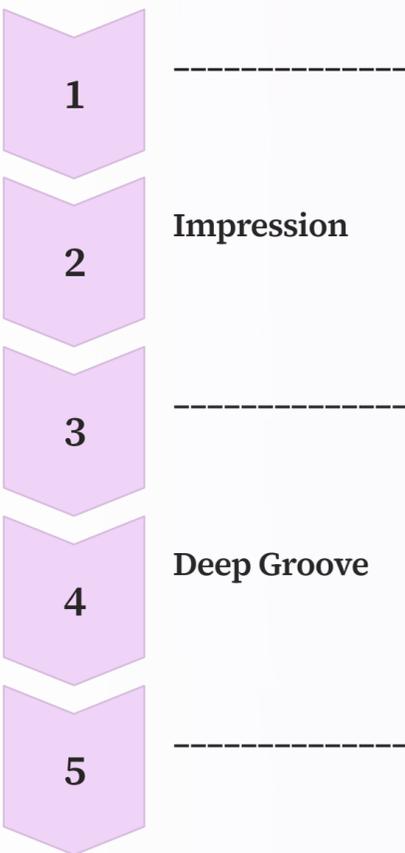
From Sanskrit: SAM (together) + KARA (action)

☐ SAMSKARA is like:

- ☐ Grooves in the mind
- ☐ Mental habits
- ☐ Subconscious programming
- ☐ Psychological conditioning
- ☐ All of the above

2.2 HOW SAMSKARAS FORM संस्कार कैसे बनते हैं

Fill in the formation process:



EXAMPLE:

- Experience: _____
- Impression: _____
- Repetition: _____
- Deep Groove: _____
- Automatic Pattern: _____

2.3 THREE TYPES OF SAMSKARAS तीन प्रकार के संस्कार

POSITIVE (शुभ)

Examples:

NEGATIVE (अशुभ)

Examples:

NEUTRAL

Examples:

2.4 WHERE SAMSKARAS COME FROM संस्कार कहां से आते हैं

List five sources:

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 3: UNDERSTANDING VASANAS

वासनाओं को समझना

3.1 KEY DEFINITION मुख्य परिभाषा

VASANA (वासना) = _____

The relationship between Samskara and Vasana:

SAMSKARA () → Creates → VASANA ()

3.2 TYPES OF VASANAS वासना के प्रकार

Match each Vasana to its description:

KAMA VASANA	Jealousy, envy, comparison
KRODHA VASANA	Pleasure, sensory desires
LOBHA VASANA	Pride, arrogance, need to be right
MOHA VASANA	Anger, aggression, control
MADA VASANA	Attachment, clinging, delusion
MATSARYA VASANA	Greed, hoarding, fear of lack

Which Vasanas do I recognize in myself?

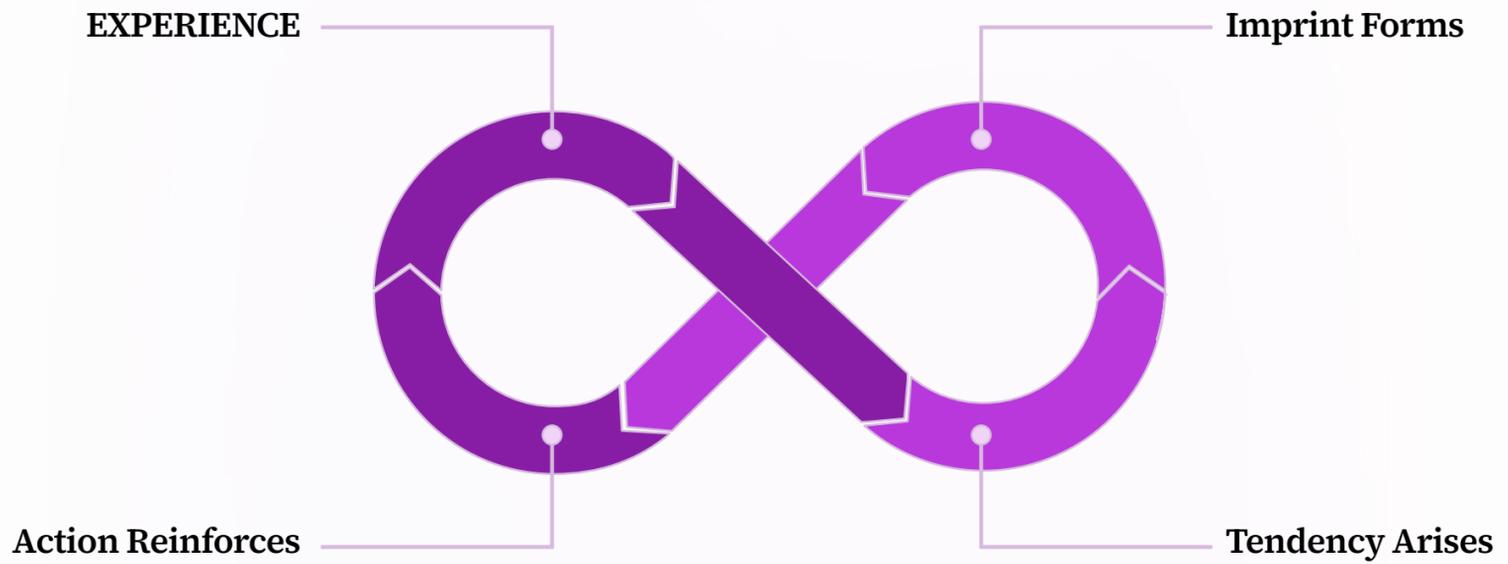
- Kama (Pleasure) Describe: _____
- Krodha (Anger) Describe: _____
- Lobha (Greed) Describe: _____
- Moha (Attachment) Describe: _____
- Mada (Pride) Describe: _____
- Matsarya (Jealousy) Describe: _____

SECTION 4: THE SAMSKARA-VASANA CYCLE

संस्कार-वासना चक्र

4.1 THE CYCLE चक्र

Fill in the cycle:



EXPERIENCE

↓

_____ (imprint forms)

↓

_____ (tendency arises)

↓

_____ (based on tendency)

↓

REINFORCES _____

↓

[Cycle repeats]

4.2 BREAKING THE CYCLE चक्र को तोड़ना

The cycle can be broken at four points:

1
AT EXPERIENCE: _____ _____

2
AT SAMSKARA: _____ _____

3
AT VASANA: _____ _____

4
AT ACTION: _____ _____

The KEY to breaking the cycle is:

SECTION 5: COMMON EMOTIONAL PATTERNS

सामान्य भावनात्मक पैटर्न

5.1 PATTERN REFERENCE पैटर्न संदर्भ

For each pattern, fill in the core belief:

ABANDONMENT PATTERN

Core belief: "I will be
_____"

Behavior: Clinging OR pushing away
first

UNWORTHINESS PATTERN

Core belief: "I am not
_____ enough"

Behavior: Over-achieving or under-
achieving

VICTIM PATTERN

Core belief: "Things happen
_____ me"

Behavior: Helplessness, blaming
others

CONTROL PATTERN

Core belief: "I must
_____ to be safe"

Behavior: Micromanaging, anxiety
when not in control

PEOPLE-PLEASING PATTERN

Core belief: "I must make others
_____ to be loved"

Behavior: Saying yes when meaning
no

PERFECTIONISM PATTERN

Core belief: "I must be
_____ to be acceptable"

Behavior: Never satisfied, harsh self-
criticism

5.2 PATTERN RECOGNITION पैटर्न पहचान

Which patterns do I recognize in myself? (Check all that apply)

- Abandonment - I fear being left
- Unworthiness - I never feel good enough
- Victim - I feel powerless over my life
- Control - I must control to feel safe
- People-Pleasing - I put others' needs first always
- Perfectionism - I can never do things well enough
- Anger - I react with anger quickly
- Avoidance - I avoid difficult things
- Other: _____

The pattern that affects me MOST is:

SECTION 6: PERSONAL PATTERN EXPLORATION

व्यक्तिगत पैटर्न अन्वेषण

6.1 RECURRING SITUATIONS बार-बार आने वाली स्थितियां

What situations do I find myself in REPEATEDLY?

(Same type of relationships, same type of problems, same type of conflicts...)

6.2 EMOTIONAL TENDENCIES भावनात्मक प्रवृत्तियां

What emotions do I experience MOST often?

What triggers strong emotional reactions in me?

6.3 CORE BELIEFS मूल विश्वास

What do I REALLY believe about myself?

What do I believe about others?

What do I believe about life?

6.4 BODY PATTERNS शरीर पैटर्न

Where do I hold tension in my body?

What physical symptoms recur for me?

SECTION 7: PATTERN MAPPING

पैटर्न मैपिंग

7.1 MY PATTERN MAP मेरा पैटर्न मैप

Choose ONE pattern to explore deeply:

PATTERN NAME: _____

CORE BELIEF: " _____ "

TRIGGER SITUATIONS:

EMOTIONAL RESPONSE:

PHYSICAL SENSATIONS:

Where in body: _____ What it feels like: _____

BEHAVIORAL RESPONSE:

LIFE AREAS AFFECTED:

Relationships Work Health Money Family Self-esteem

POSSIBLE ORIGIN (earliest memory of this feeling):

Age: _____

What happened: _____

Who was involved: _____

What I decided: _____

WHAT THIS PATTERN PROTECTS AGAINST:

SECTION 8: TRACING TO ORIGINS

उत्पत्ति तक पहुंचना

8.1 THE TRACING METHOD खोज विधि

List the seven steps:

01

_____ the pattern

02

_____ the core belief

03

_____ the feeling

04

Ask: "When did I
_____ feel this?"

05

Find the _____ scene

06

Understand the child's

07

Recognize the _____ strategy

8.2 MY ORIGIN EXPLORATION मेरी उत्पत्ति खोज

Close your eyes and let the memory come...

The pattern I'm exploring: _____

The feeling in my body: _____

When I go back, the earliest memory is:

How old was I? _____

What was happening?

Who was there?

What was I feeling?

What did I decide about myself?

What did I decide about others/life?

How did I start to cope/protect myself?

COMPASSION REFLECTION:

My younger self was just trying to _____

The pattern made sense because _____

SECTION 9: CLIENT APPLICATION

ग्राहक अनुप्रयोग

9.1 INTAKE QUESTIONS FOR PATTERN IDENTIFICATION

पैटर्न पहचान के लिए प्रवेश प्रश्न

Write questions you would ask clients:

LIFE PATTERNS:

EMOTIONAL PATTERNS:

BELIEF PATTERNS:

9.2 CLEARING PROTOCOL PHASES उपचार प्रोटोकॉल चरण

Fill in the four phases:

PHASE 1: _____ (Session 1-2)

What happens: Identify pattern, name belief, trace to origin

PHASE 2: _____ (Session 2-4)

What happens: Process emotion, inner child work, release body memory

PHASE 3: _____ (Session 4-6)

What happens: Install new beliefs, create new experiences

PHASE 4: _____ (Session 6+)

What happens: Support real-life application, handle setbacks

SECTION 10: THE BHAVANA PRINCIPLE भावना सिद्धांत

BHAVANA (भावना) = _____

THE PRINCIPLE:

What you _____ becomes what you _____

Fill in:

Negative Bhavana → Reinforces _____ Samskaras

Positive Bhavana → Creates _____ Samskaras

BHAVANA SADHANA is NOT:

- _____
- _____

BHAVANA SADHANA IS:

- _____
- _____