

THE 10 SIGNS YOU'RE IN A PATTERN (NOT JUST BAD LUCK)

— A free checklist from Heartplusmindfacts —

Tick every one that applies to you. Be honest.

- 1. Your last two or three relationships had the same emotional dynamic, even though the people looked completely different on paper.
- 2. You've said "I don't know why I keep attracting this type" out loud — more than once.
- 3. You felt an immediate, electric pull toward someone who ended up hurting you. And it felt like chemistry, not a warning.
- 4. You stayed longer than you should have — and even now, you're not entirely sure why.
- 5. A person who was consistent and kind felt "too boring" or "too easy" at some point. You wanted more edge.
- 6. You've found yourself fixing, chasing, over-giving, avoiding, or people-pleasing inside a relationship — and knew it while it was happening.
- 7. You noticed something early on that told you this wasn't right. And you explained it away.
- 8. After it ended, you replayed it and thought: I knew. I knew before I let myself know.
- 9. You've been told you're "too much," "too intense," or "too sensitive" — by someone who was simply giving too little.
- 10. You want something real. And you keep ending up in something that almost is.

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If you ticked 3 or more: this is a pattern. Not bad luck. Not bad taste. A pattern — and patterns have names, roots, and exits.

The ebook that maps all of it: "[Why You Always End Up With The Wrong Person](#)" — \$19.

— heartplusmindfacts