



HUMANITY
UNCODED

WORKSHEET: PATTERNS

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Patterns are not flaws — they are adaptations.

We are shaped by culture, family, survival, and systems.
Humanity Uncoded sees all patterns as protective until they become restrictive.

Reflection Prompts

What beliefs were you taught about success, strength, or worth?

Which beliefs feel inherited rather than consciously chosen?



PATTERNS

Reflection Prompts Continued

Which identities or expectations feel outdated?

Where do you feel obligation rather than desire?

Which patterns once protected you but now limit you?

