

What Relationship Pattern Keeps Repeating?

Understanding the Emotional Cycles You May Be Carrying Into Relationships

Sometimes the most painful part of healing is realizing: "I've been here before."

Different person. Different circumstances. Same emotional exhaustion.

Many repeating relationship patterns are not signs of weakness. They are often survival strategies, attachment wounds, nervous system conditioning, or emotional roles learned long before the relationship itself.

This quiz is designed to help you gently identify the patterns that may continue showing up in your relationships so you can begin understanding them with compassion instead of shame.

Instructions

For each statement below, choose the answer that feels most true for you.

Scoring:

- Never = 0
- Rarely = 1
- Sometimes = 2
- Often = 3
- Almost Always = 4

Keep track of your points for each letter category:

- A = Self-Abandonment Pattern
- B = Emotional Caretaking Pattern
- C = Fear of Abandonment Pattern
- D = Hyper-Independence Pattern
- E = Chaos & Intensity Pattern

At the end, total each category separately.

1.

I struggle to say no even when something feels wrong to me.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

2.

B

I feel responsible for fixing, helping, or emotionally saving people.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

3.

C

I become anxious when someone pulls away emotionally.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

4.

D

I avoid relying on others because vulnerability feels unsafe.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

5.

E

Calm, stable relationships sometimes feel unfamiliar or boring to me.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

6.

A

I often ignore my own needs to keep connection or avoid conflict.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

7.

B

I attract people who are emotionally unavailable, wounded, or chaotic.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

8.

C

I overthink communication, responses, or emotional distance.

- Never
- Rarely
- Sometimes

- Almost Always

9.

D

I struggle to ask for help or emotional support.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

10.

E

Intense chemistry often feels stronger to me than emotional safety.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

11.

A

I fear disappointing others more than disappointing myself.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

12.

B

I feel emotionally drained from carrying relationships.

- Rarely
- Sometimes
- Often
- Almost Always

13.

C

I fear rejection, abandonment, or being left.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

14.

D

I feel safest when I stay emotionally guarded or self-sufficient.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

15.

E

Relationships often feel emotionally intense, unstable, or consuming.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

Mostly A's

Self-Abandonment Pattern

Your responses suggest a pattern of abandoning your own needs, emotions, boundaries, or intuition in order to maintain connection, approval, peace, or emotional safety.

You may:

- over-accommodate
- struggle with boundaries
- minimize your feelings
- fear conflict
- prioritize others at your own expense

Healing Focus:

- boundary work
- self-trust
- emotional validation
- reconnecting with your needs
- learning that love should not require self-erasure

Gentle Reminder:

You deserve relationships where you do not have to disappear to stay connected.

Mostly B's

Emotional Caretaking Pattern

Your responses suggest you may feel emotionally responsible for others' wellbeing, healing, moods, or stability.

You may:

- attract emotionally wounded people
- over-function in relationships
- feel needed more than loved
- confuse caretaking with connection
- feel exhausted from emotional labor

Healing Focus:

- emotional boundaries
- releasing over-responsibility
- receiving support
- distinguishing compassion from self-sacrifice

Love is not measured by how much pain you can carry for someone else.

Mostly C's

Fear of Abandonment Pattern

Your responses suggest deep sensitivity around rejection, distance, inconsistency, or emotional disconnection.

You may:

- overthink communication
- seek reassurance frequently
- panic when someone pulls away
- fear being "too much"
- stay in unhealthy dynamics to avoid loss

Healing Focus:

- nervous system regulation
- attachment healing
- self-soothing
- building internal safety
- developing secure connection patterns

Gentle Reminder:

Someone needing space is not always proof you are unlovable.

Mostly D's

Hyper-Independence Pattern

Your responses suggest you may have learned to survive by relying heavily on yourself and emotionally protecting yourself from vulnerability.

You may:

- struggle to trust others
- avoid emotional dependence
- fear vulnerability
- shut down emotionally
- feel safest alone

Hyper-independence is often a trauma response, not simply a personality trait.

Healing Focus:

- receiving support
- emotional openness
- nervous system safety within connection
- learning interdependence

Gentle Reminder:

You should not have to carry life entirely alone to feel safe.

Mostly E's

Chaos & Intensity Pattern

Your responses suggest you may unconsciously associate emotional intensity with love, passion, attachment, or connection.

You may:

- feel drawn to emotionally unpredictable people
- mistake anxiety for chemistry
- feel uncomfortable in calm relationships
- become attached through emotional highs and lows
- struggle with trauma bonding dynamics

Healing Focus:

- nervous system stabilization
- learning emotional safety
- slowing relationship pacing
- identifying healthy consistency
- separating intensity from intimacy

Gentle Reminder:

Calm love may feel unfamiliar before it feels safe.

Final Reflection

Repeating patterns are not proof that you are broken.

Often, they are adaptations. Ways your nervous system learned:

- connection
- safety
- belonging

- love

Healing is not about blaming yourself for the patterns.

It is about learning: "I can choose differently now."

And that learning deserves compassion.