

Sofia's Pattern

SCOPE OF PATTERN: To enter the world and connect with the masculine, but stay in control (denying others their sovereignty), and thus remain safe.

| | 1. Access Point: Opportunity to create a pure vision, not negative vision. | 2. | 3. |
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| Actual Reality | Seek release from a bad situation | Id Hot (a form of freedom) | Strategize |
| Local Reality | Feel: Desperate and Panic. Stressed. Think: I need to fix myself or my life. | Feel: Panic and relief Think: This is going to get me freedom – it will change my life. | Feel: Panic Think: I must get this right, and get this hot, or my life is over. I'm inadequate. I have to figure this out. Urgency. |
| Structural Dynamic | Damsel in distress lures the knight in shining armour. | The knight arrives. | To make sure you are in control. |
| Belief Dynamic | Trust, Control, Capacity. | Significance, Trust. | Trust, Control. |

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| 1. Actual Reality | Series of action steps. |
| 2. Local Reality | What you think is happening. Thoughts & Feelings. |
| 3. Structural Dynamic | What each step is designed to achieve. |
| 4. Belief Dynamic | What belief each step is driven by. |

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| 4. | 5. Access Point: Opportunity to listen, take on board, allow other person their sovereignty, and yours. Respect. | 6. | 7. |
| Fulfil Initial Conditions and Get Involved | Hot communicates needs (or rules and regulations) | Agree without Commitment to the rules. (blurring happens here) | Start Freaking out (reacting to the “rules”) and Control Self – Keeping Up Appearances. |
| Feel: relief (empowered) Think: I’m on top of this. I have this sorted. | Feel: Resentful, panic. Think: They are going to fuck this up for me. I need to be on guard – handle this danger. | Feel: Numb Think: Denial of the rules / needs. I’m losing it (my mind) – blurry mind. What’s happening? | Feel: Panicking Think: I’m going to lose the hot. I have to come up with a plan fast. |
| To build a connection with the masculine. | The masculine shows his underbelly. To find out where the weak spot of the masculine is. | To establish dominance / control. | To obscure the dominance, so the “knight” doesn’t see it. To keep the masculine from running away. |
| Not Enough, Capacity. | Trust, Control. | Trust, Control, Powerlessness. | Trust. |

| 8. Access Point: Opportunity to be vulnerable. | 9. | 10. | 11. |
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| Manipulate Events to suit your agenda | Things go okay. | Display Prowess | Get accolades (from hot or authority) |
| Feel: Emotionless. Robotic. Think: I have to take charge at all costs. If I don't stay on top of this. It's now or never to change my life. Everything is at stake. | Feel: Tentative Think: It seems okay I can relax a bit but must stay vigilant. | Feel: Nervous - Panicky Think: I really need to shine now – this is my moment. This is where I get it. | Feel: Lit Up Think: My power and my awesomeness is finally being seen! |
| To test – is it okay for me to be in control? Have they noticed? Am I getting away with it? | Yes – it's all good – things going to plan. | To lure masculine further. | Masculine is lured. They take the bait. |
| Trust, Control. | Trust. | Trust, Control. | Trust, Control, Not Enough, Significance. |

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| <p>12. Access Point: Opportunity to connect with your truth, rather than get off on validation.</p> | <p>13.</p> | <p>14. Access Point: Opportunity to take things one step at a time. Allow it to collapse if that's what happens. Letting go of the story that it's life or death.</p> | <p>15.</p> |
| <p>Others are impressed – moment in the limelight.</p> | <p>Outside Event causes pressure</p> | <p>Work harder at everything, including keeping up appearances.</p> | <p>Outside event causes trouble, gets more demanding, becomes a threat.</p> |
| <p>Feel: Relaxed, empowered. Think: I'm awesome! Finally people see me. This is a safe space for me to hang out. They won't mess with me!</p> | <p>Feel: Panicked. Think: Why can't I catch a break? Why do I have to survive? Fuck – I have to handle this.</p> | <p>Feel: Beyond stressed. Think: I wonder how long I can manage all of this.</p> | <p>Feel: Fear. Threatened. Think: I have to defend my position hard, or I will lose everything! This will cost me the hot!</p> |
| <p>To enjoy the connection with masculine and the validation. Bask.</p> | <p>To bring you back to earth – remind you it is not safe.</p> | <p>To get self and others back under control.</p> | <p>To give permission for full battle mode.</p> |
| <p>Significance, Not Enough.</p> | <p>TRUST, Control.</p> | <p>Control, Trust. Capacity.</p> | <p>Trust, Capability.</p> |

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| 16. | 17. Access Point: Opportunity to bring your heart in to it. | 18. | 19. Access Point: Opportunity to connect to the truth, and take responsibility. |
| Go Into battle mode: remove heart from equation. | The “bulldog” (take over, obliterate self and others’ needs, force it through by any means necessary) | Get some result but people aren’t satisfied (can include self). | Get negative Feedback |
| Feel: Nothing. Think: I have no choice but to handle this. No-one will take the reins so I have to handle everything. | Feel: Numb. Armoured. Think: My actions are completely justified – this is life or death, I’m the only one who can handle this. There is no place for heart here. | Feel: Superior. Pride. Think: Look how amazingly I cope with pressure and still come out with a result! Righteous. | Feel: Horrified, confused, disbelief. HURT Think: What the fuck! This is a betrayal – after all I have done! Are you kidding me? |
| To armour up. | To take full and total control. | To justify the control – see I get results! | To fuel / justify the “fuck you” |
| Trust. | Control, Trust. | Trust, Perfection, Not Enough. | Capacity, Perfection. |

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| 20. | 21. | 22. Access Point: Opportunity to take responsibility and apologise. Be vulnerable. | 23. |
| React – Fuck you! | Push it too far – flaunt the “rules” | Get a personal Rejection | Blame others |
| Feel: Exceptionally Angry. Hostile. Think: Don’t come any closer – we are done! | Feel: Fear. Think: I need to clarify on where I stand. I need certainty. | Feel: Hurt. Think: My world is over. I will never have what I want in life. What is the point in any of it? Life is hopeless! | Feel: Angry. Think: Other people are more wrong than me. |
| To warm them – come no closer! | To taunt the hot into the next step. | To end the relationship with hot. Have now been in the world, kept control, no longer need hot. | To hide own culpability. |
| Trust, Control. | Trust, Powerlessness. | Control, Trust. | Trust, Perfection, Significance. |

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| 24. Access Point: Opportunity to know that it doesn't have to be over, and to be with where your at. | 25. | 26. |
| Breakdown (physically or emotionally) | Regroup | Collude about how bad they are – this leads to the bad situation at the beginning of pattern. |
| Feel: Depressed and frustrated. Think: This breakdown is more powerful than me. | Feel: Relieved. Think: I'll be okay – I just need some time and space. It will be alright. | Feel: Disgusted by them. Sad. Think: It could have been so good. They didn't allow it to happen. What a shame! |
| To make sure you don't get in trouble, can't be made responsible. | To recover from the battle. | To keep them at a distance. |
| Trust, Capacity. | Control, Trust. | Trust, Control. |

Overall this pattern focuses on: staying safe by being in control. Part of this is seeing life and convincing self and others that everything is life or death.

Overall Access Point: Allowing vulnerability. Letting go of the life or death story. Letting go of control.