

marzenna

MIND-BODY PRACTITIONER

Why You Keep Repeating the Same Emotional Patterns

7 HIDDEN LAWS THAT SHAPE YOUR
THOUGHTS, EMOTIONS AND
RELATIONSHIPS

*A practical guide to understanding
yourself and creating lasting emotional
freedom*

BEFORE YOU BEGIN

IF YOU'VE EVER WONDERED...

- ✓ Why do I keep attracting the same kind of people?
- ✓ Why do I overthink everything?
- ✓ Why do I struggle to let go?
- ✓ Why do I react emotionally even when I know better?
- ✓ Why does the same lesson keep showing up?

You're not broken.

Your subconscious is simply repeating what it has learned.

The good news? Patterns can change once you understand them.

LAW 1

01

YOUR MIND ALWAYS CHOOSES WHAT'S FAMILIAR

Your brain is designed to keep you safe — not happy. It will often choose:

- Familiar pain over unfamiliar peace
- Known patterns over uncertainty
- Old habits over new possibilities

ASK YOURSELF

What pattern keeps repeating in my life?

LAW 2

02

EVERY EMOTIONAL REACTION HAS A ROOT

Most reactions aren't about today. They're connected to something your nervous system learned years ago. Common triggers:

- Rejection
- Criticism
- Being ignored
- Feeling unsafe
- Not being good enough

REFLECTION

What emotion do I experience most often?

LAW 3

03

WHAT YOU BELIEVE BECOMES YOUR REALITY

Your subconscious filters reality according to your beliefs.

If you believe

"I am not enough."

You'll notice evidence everywhere.

If you believe

"I am safe."

Your world begins to look different.

TRY THIS

Write down one belief that limits you.
Replace it with one that supports you.

LAW 4

04

YOU CAN'T HEAL WHAT YOU DON'T NOTICE

Awareness is where healing begins. When something triggers you: pause, breathe, and ask yourself:

- What am I feeling?
- Where do I feel it in my body?
- What does this remind me of?

Curiosity creates change.

LAW 5

05

YOUR BODY STORES UNPROCESSED EMOTIONS

Emotions that aren't processed don't simply disappear. They may show up as:

- Tension
- Overthinking
- Anxiety
- Fatigue
- Difficulty relaxing

Gentle awareness, breathwork and therapeutic approaches can help people process emotions. (Experiences vary, and this is not a guarantee of outcomes.)

LAW 6

06

HEALING ISN'T BECOMING SOMEONE NEW

Healing is remembering who you were before fear, conditioning and limiting beliefs shaped your responses. Healing looks like:

- More peace
- Better boundaries
- Less reacting
- Greater confidence
- More self-trust

AWARENESS CREATES CHOICE

Every lasting transformation begins with one decision:

"I no longer want to live on autopilot."

Small daily choices create profound change over time.

DAILY PRACTICE

Spend five minutes each evening asking yourself:

- What triggered me today?
- What emotion was underneath?
- What belief was driving it?
- What would a calmer version of me have done?

Do this for 30 days. You'll begin noticing patterns you couldn't see before.

READY TO GO DEEPER?

UNDERSTAND THE ROOT, NOT JUST THE SYMPTOMS

If you're ready to understand the root of your emotional patterns — not just manage the symptoms — a one-to-one session can help you explore what's been holding you back and develop healthier responses.

Together we can work to:

- Identify subconscious patterns
- Process unresolved emotions
- Build emotional resilience
- Create lasting change through greater self-awareness

BOOK YOUR SESSION

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