

Groundhog Day

The Same Day Again

Reel Recovery · The Recovery Files

In the app only: Groundhog Day assessment (scored, so it stays in the app).

Groundhog Day Pattern Mapper

Transform Your Repetitive Cycles into Growth Opportunities

Map Your Personal Patterns

Identify specific examples of how repetitive patterns show up in your life. This personalized mapping helps you move from general awareness to targeted transformation.

Cycle Awareness

Recognizing when you're repeating the same responses, thoughts, or behaviors

Example: Every time I face work stress, I go through anxiety → avoidance → panic

1. _____

2. _____

3. _____

Consequence Recognition

Continuing behaviors despite knowing negative outcomes

Example: I overspend despite repeatedly experiencing stress and shame

1. _____

2. _____

3. _____

Temporal Disorientation

Losing perspective on time when caught in patterns

Example: When depressed, I lose track of duration and feel it's permanent

1. _____

2. _____

3. _____

Control Illusions

Believing repeated control attempts will eventually succeed

Example: Trying to fix relationships by changing others instead of myself

1. _____

2. _____

3. _____

Exploitation Patterns

Taking short-term advantage while creating long-term emptiness

Example: Using sympathy to avoid responsibilities, creating guilt

1. _____

2. _____

3. _____

Despair Cycles

Recurring hopelessness about breaking free

Example: Regularly believing I'll never be truly happy in recovery

1. _____

2. _____

3. _____

Isolation Tendencies

Withdrawing when caught in repetitive patterns

Example: Avoiding meetings when ashamed of my patterns

1. _____

2. _____

3. _____

Using Your Pattern Map

- Review your patterns regularly to strengthen awareness
- Share with your sponsor or therapist for accountability
- Update as you discover new patterns or break old ones

Your Pattern Awareness Progress

Cycle Awareness 0 patterns identified

Consequence Recognition 0 patterns identified

Temporal Disorientation 0 patterns identified

Control Illusions 0 patterns identified

Exploitation Patterns 0 patterns identified

Despair Cycles 0 patterns identified

Isolation Tendencies0 patterns identified

"I wake up every day, right here, right in Punxsutawney, and it's always February 2nd, and there's nothing I can do about it."

Create Your Transformation Plan

1. Select a Pattern to Transform

[Choose a pattern from your map...]

2. Describe the Impact on Your Recovery

3. Define Your Transformation Goal

4. Create Action Steps

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

5. Establish Accountability

6. Set Your Timeline

Phil's Journey Reminder

Like Phil Connors, transformation doesn't happen overnight. It requires patience, persistence, and creative responses to familiar situations. Each small change builds toward freedom.