DECODE YOUR SURVIVAL PATTERNS™

And Discover Why You Get Triggered

A personalized discovery experience to identify the survival patterns behind your triggers—and help you understand why you react the way you do.

Have you ever wondered, "Why did I react that way?"



Maybe a conversation with your teenager leaves you feeling unexpectedly hurt. Maybe you say yes when you desperately want to say no. Or perhaps you find yourself overexplaining, shutting down, or trying to keep everyone happy.

You may understand that these reactions aren't helping you. But understanding that doesn't always make them easier to change.

What if there's a pattern beneath the reaction?

As children, we develop ways of responding that help us feel safe, accepted, or connected. Some can become automatic survival patterns that follow us into adulthood—even when they no longer serve us.

This experience may be for you if...

- You sometimes react more strongly than a situation seems to warrant.
- You struggle with people-pleasing, perfectionism, self-doubt, or boundaries.
- You notice familiar difficulties repeating in relationships, parenting, or work.
- You want to understand yourself more deeply before deciding what to change.

What becomes possible?

A clearer understanding of your reactions, how your survival patterns may be showing up in your life, and what you might want to explore next.

Why this is different

This isn't simply an online assessment. You'll begin with a real-life experience, receive a personalized Profile, explore guided resources, and meet privately with Kathi twice to make sense of what you're discovering.

YOUR PERSONAL INVITATION

Investment: $297

Learn more and take your next step:
join.kathisohn.com/webinardecode

You don't have to keep judging your reactions. You can begin understanding them.

Your Personal Discovery Journey

A GUIDED JOURNEY IN FIVE STEPS

01

Begin With One Real-Life Moment

You'll start with a simple guided exercise to revisit an everyday reaction—a moment when you felt triggered, upset, shut down, or surprised by your response.

02

Meet Privately With Kathi

In your first Decode call, you'll talk through what you noticed in that real-life moment. Kathi will help you explore your experience with compassion and curiosity.

03

Complete Your Assessment and Receive Your Profile

You'll complete the Decode Your Survival Patterns™ Assessment, featuring 39 real-life scenarios. You'll receive your personalized Survival Pattern Profile to understand your most prominent patterns and how they may be showing up in your life.

04

Explore Your Insight Guides and Workbook

Work with your Cycle Breaker Pattern Insight Guides and Workbook to reflect on your discoveries and explore how your patterns may influence your parenting, relationships, work, boundaries, and everyday choices.

05

Bring It All Together With Kathi

In your second private call, you'll review what you've learned, connect the dots across your patterns, and explore what you want to change or understand more deeply.

What You'll Take Away

- ✓ A more compassionate understanding of your reactions.
- ✓ Greater awareness of the patterns beneath them.
- ✓ Your personalized Survival Pattern Profile.
- ✓ Insight Guides and a Workbook to support continued reflection.
- ✓ A clearer sense of where you may want to focus your growth.



It's not just an assessment.
It's a deeper understanding of you.

Ready to Begin?

Your Personal Invitation: $297
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