

THE 13 HIDDEN PATTERNS



THAT QUIETLY CONTROL YOUR LIFE

How unconscious habits,
fear, and daily choices
shape your experience
more than you realize.



7 DEADLY
SINS



6 GHOSTS
OF FEAR



UNCONSCIOUS
PATTERNS



DAILY
CHOICES



A BETTER LIFE
IS POSSIBLE

— BY MAGUS G. MACK —



THE 13 HIDDEN PATTERNS

THAT QUIETLY
CONTROL YOUR LIFE

— *How unconscious habits, fear, and daily choices* —
shape your experience more than you realize.



— AWARENESS CREATES CHOICE. —
CHOICE CREATES CHANGE.

— — — — —
Magus G.Mack

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That Quietly Control Your Life

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Illustrator: Asdabbi Press

Publisher: Asdabbi, LLC

Cover & Interior Design: Asdabbi Press

First Edition, 2026

Year of Publication: 2026

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Introduction

Most people believe the biggest challenges in life come from outside themselves.

Difficult people.

Bad luck.

Stressful jobs.

Financial problems.

Unexpected setbacks.

While these things certainly affect us, there is another influence quietly shaping our lives every day.

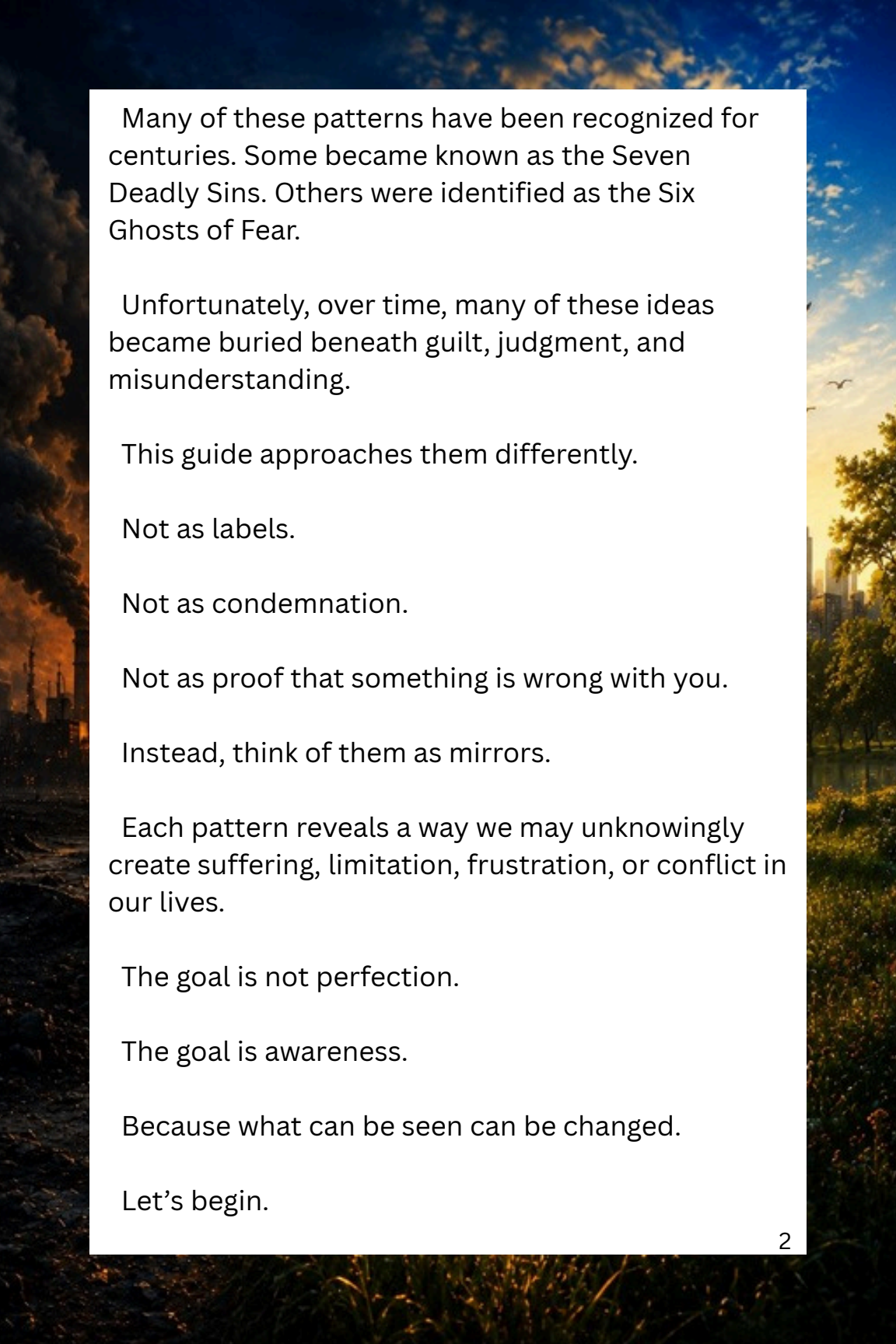
Patterns.

Patterns of thinking.

Patterns of feeling.

Patterns of reacting.

Patterns of behavior.



Many of these patterns have been recognized for centuries. Some became known as the Seven Deadly Sins. Others were identified as the Six Ghosts of Fear.

Unfortunately, over time, many of these ideas became buried beneath guilt, judgment, and misunderstanding.

This guide approaches them differently.

Not as labels.

Not as condemnation.

Not as proof that something is wrong with you.

Instead, think of them as mirrors.

Each pattern reveals a way we may unknowingly create suffering, limitation, frustration, or conflict in our lives.

The goal is not perfection.

The goal is awareness.

Because what can be seen can be changed.

Let's begin.

Pattern 1: Pride

Pride is often misunderstood as arrogance.

But pride can also appear as defensiveness, refusing to admit mistakes, needing to be right, or allowing our identity to become attached to an opinion or outcome.

When pride is challenged, we often feel personally attacked.

Awareness Question:

When was the last time you became defensive instead of curious?

Action Step:

Practice saying, “I may be wrong,” and genuinely consider another perspective.

Pattern 2: Envy

Envy occurs when we focus on what others have instead of appreciating what we already possess.

It often disguises itself as comparison.

Someone else's success begins to feel like evidence of our own failure.

Awareness Question:

Whose life do you find yourself comparing your own to most often?

Action Step:

Write down three blessings or opportunities already present in your life.

Pattern 3: Wrath

Wrath is not simply anger.

Anger itself is natural.

Wrath occurs when anger continues long after the event has ended.

We replay conversations.

Relive offenses.

Carry resentment.

The event ends, but the suffering continues.

Awareness Question:

What situation are you still mentally arguing with?

Action Step:

Notice how much energy that memory continues to consume.

Pattern 4: Sloth

Sloth is not laziness.

Often it appears as avoidance.

Avoiding difficult conversations.

Avoiding uncomfortable decisions.

Avoiding necessary action.

We stay busy doing many things while quietly avoiding the one thing that matters most.

Awareness Question:

What important action have you been postponing?

Action Step:

Take one small step toward that task today.

Pattern 5: Greed

Greed grows from the fear that there will never be enough.

Enough money.

Enough security.

Enough resources.

Enough certainty.

The result is often a life spent chasing more while rarely feeling satisfied.

Awareness Question:

What are you afraid might not be enough?

Action Step:

Identify one area where gratitude could replace scarcity thinking.

Pattern 6: Gluttony

Gluttony is overconsumption.

Not only of food.

But also entertainment, binge watching, doom scrolling, distractions, substances, information, shopping, or anything used excessively to escape discomfort.

Awareness Question:

What do you consume most when trying to avoid stress?

Action Step:

Reduce that habit slightly for one day and observe how you feel.

Pattern 7: Lust

Lust is intense desire.

While commonly associated with sexuality, it can also appear as an obsession with money, status, possessions, escape, or the belief that happiness exists somewhere else.

Lust keeps us chasing what is absent rather than appreciating what is present.

Awareness Question:

What desire currently dominates your attention?

Action Step:

Ask yourself whether pursuing that desire is bringing peace or creating frustration.

Pattern 8: Fear of Poverty

This fear extends far beyond money.

It includes the fear of not having enough.

Not enough security.

Not enough resources.

Not enough certainty.

Many decisions are quietly driven by this fear.

Awareness Question:

How often do your financial concerns influence decisions unrelated to money?

Action Step:

Identify one fear-based financial assumption and challenge it.

Pattern 9: Fear of Criticism

Many people do not fear criticism itself.

They fear what they imagine others might think.

This fear prevents people from speaking, creating, sharing, trying, and growing.

Awareness Question:

What would you attempt if embarrassment were impossible?

Action Step:

Take one action today without seeking approval first.

Pattern 10: Fear of Loss of Love

Humans naturally desire connection.

But fear of losing acceptance, affection, or belonging can cause people to tolerate situations that no longer serve them.

Awareness Question:

Have you ever remained silent to avoid losing someone's approval?

Action Step:

Notice one place where fear of rejection influences your choices.

Pattern 11: Fear of Ill Health

This fear often appears as constant worry about symptoms, illness, aging, or physical decline.

Ironically, excessive focus on health concerns can create additional stress.

Awareness Question:

How much time do you spend worrying about problems that may never occur?

Action Step:

Focus today on one healthy action rather than one health-related worry.

Pattern 12: Fear of Old Age

Many people fear growing older because they associate aging with decline, limitation, or lost opportunity.

Yet age often brings wisdom, perspective, and understanding.

Awareness Question:

What belief about aging have you accepted without questioning?

Action Step:

Challenge one negative assumption you hold about getting older.

Pattern 13: Fear of Death

The fear of death influences countless decisions, often without our awareness.

It can create hesitation, anxiety, avoidance, or an unwillingness to fully engage with life.

Paradoxically, remembering life's limits often helps people live more intentionally.

Awareness Question:

If time were more limited than you assumed, what would you prioritize differently?

Action Step:

Choose one meaningful action you have been postponing and begin it.

Final Reflection

The thirteen patterns in this guide are not enemies.

They are signals.

They reveal areas where fear, unconscious habits, and automatic reactions may be influencing your life.

The purpose is not guilt.

The purpose is awareness.

Because awareness creates choice.

And repeated choices gradually shape the life we experience.

Many people spend years trying to change their circumstances while overlooking the patterns creating those circumstances.

When we become aware of those patterns, we gain the opportunity to respond differently.

One choice at a time.

One moment at a time.

One day at a time.

Ready to Go Deeper?

The thirteen patterns you just explored are only the introduction.

In *Beyond Sin: Breaking Fear, Escaping Hell, and Building Heaven Through Daily Choice*, you'll discover the deeper lessons behind each of these patterns and how they influence your everyday experience.

Inside the book, you'll learn:

- How the Seven Deadly Sins appear in modern life
- How the Six Ghosts of Fear quietly influence decisions
- Why repeated thoughts and actions create repeated outcomes
- Practical ways to interrupt unhealthy patterns
- How daily choices gradually build either suffering or fulfillment

Because the life we experience tomorrow is often built by the choices we make today.

View the book on Amazon:

[Beyond Sin on Amazon – Click Here](#)

— G. Mack