DI is a pattern? or anti-pattern.

A Software Design Pattern is a reusable solution to often, commonly occurring problem in software design. It is a high level description on how to solve the problem, that can be used in many different situations. Design patterns often represent best practices that developers can use to solve common problems.

Some examples of commonly used design patterns from GoF Design Patterns:

- Factory Method
- Builder
- Template Method
- Strategy
- Observer
- Visitor
- Facade
- Composite

Dependency Injection is a pattern that solves problem of flexible dependencies creation.

Anti-pattern is ineffective and counter-productive solution to often occurring problem.

Examples of Anti-patterns in Object Oriented Programming:

- God Object
- Sequential coupling
- Circular dependency
- Constant interface