



the hoffman essentials
two-day workshop

...hoffman...
When you're serious about change

the hoffman essentials

Welcome to
Day one

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Feelings

Accepting

Calm
Centred
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Joyful

Amazed
Blissful
Delighted
Eager
Ecstatic
Enchanted
Energised
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Vibrant

Angry

Annoyed
Agitated
Aggravated
Bitter
Cynical
Disdainful
Disgruntled
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Martyrish
Moody
On edge
Outraged
Resentful
Stressed
Upset
Vindictive

Courageous

Adventurous
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong
Worthy
Valiant

Connected

Accepting
Affectionate
Caring
Compassionate
Curious
Empathic
Engaged
Exploring
Fascinated
Fulfilled
Interested
Intrigued
Involved
Loving
Present
Safe
Stimulated
Warm
Worthy

Sad

Anguished
Depressed
Despairing
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grieving
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Rejected
Sorrowful
Teary
Unhappy
Upset
Weary

Disconnected

Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Numb
Removed
Resistant
Shut down
Uneasy
Withdrawn

Shame

Ashamed
Embarrassed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear

Afraid
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panicked
Paralysed
Scared
Terrified
Worried

Fragile

Helpless
Sensitive

Grateful

Appreciative
Blessed
Delighted
Fortunate
Humbled
Lucky
Moved
Thankful
Touched

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Powerless

Impotent
Incapable
Resigned
Trapped
Victim

Tender

Caring
Loving
Reflective
Self-loving
Vulnerable
Warm

Guilty

Regretful
Remorseful
Sorry

Stressed

Anxious
Burned out
Cranky
Depleted
Disconnected
Edgy
Exhausted
Frazzled
Overwhelmed
Rattled
Rejecting
Restless
Shaken
Tense
Tight
Worn out

Unsettled

Apprehensive
Concerned
Dissatisfied
Disturbed
Doubtful
Hesitant
Inhibited
Perplexed
Questioning
Reluctant
Shocked
Skeptical
Suspicious
Ungrounded
Unsure
Worried

Body sensations

Achy

Airy

Blocked

Breathless

Bruised

Burning

Buzzy

Clammy

Clenched

Cold

Constricted

Contained

Contracted

Dizzy

Drained

Dull

Electric

Empty

Expanded

Flowing

Fluid

Fluttery

Frozen

Full

Gentle

Hard

Heavy

Hollow

Hot

Icy

Itchy

Jumpy

Knotted

Light

Loose

Nauseous

Numb

Painful

Pounding

Prickly

Pulsing

Queasy

Radiating

Relaxed

Releasing

Rigid

Sensitive

Settled

Shaky

Shivery

Slow

Smooth

Soft

Sore

Spacey

Spacious

Sparkly

Stiff

Still

Suffocated

Sweaty

Tender

Tense

Throbbing

Tight

Tingling

Trembly

Twitchy

Vibrating

Warm

Wobbly

Wooden

Notes on centring practice

One of the outcomes of this work is to experience yourself in your Body, versus ‘in your head,’ and to experience your embodied whole self in the physical world, belonging and connected.

A regular centring practice helps you do just this, as well as becoming more emotionally and spiritually present.

- **Length** – feel your dignity, your “I am,” and connection with your Spiritual Self
- **Width** – feel how you are connected to others and the world, your sense of belonging
- **Depth** – feel the support of your back, your history, your lineage; feel how you open your heart; and in front of you, your future

What was my experience of length, width, and depth?

From my centre, who or what do I love/care about/value ?

My introduction to the group

What I am feeling:

What inspired me to participate in the Hoffman Essentials:

My intention(s) for this weekend:



The Cycle of Transformation



Four steps to change

Awareness

Awareness gets us started on our journey of exploration. Allow this awareness to come with a gentle honesty. We can be aware of what we are grateful for, and what brings us joy, and we can also be aware of what is not working well for us. It is an awareness that is objective, yet without judgement or blame. It may be helpful to ask a trusted friend how they experience us. The main question we ask at this stage is: 'What am I doing that gets in the way of my serenity, truth and authenticity?'

Expression

Expression is the next step. To discharge any self-destructive patterns of behaviour, such as resentment or feelings of failure, we need to let out the excess energy holding them in. Sharing our challenges in a safe space is a tool of expression. Other examples are journaling, singing loudly in the shower, jogging it out of our systems or beating a cushion. We can dance, stomp, yell, even laugh it out. The important part is not to let the energy, which is usually an old, blocked emotion, stay and drag us down. Find a clear and appropriate way of expressing it. The question at this stage is, 'What do I need to do to loosen up the energy behind this feeling or reaction?'

Forgiveness & Compassion

We all make mistakes in our lives, and we know that others make them as well. To take charge of our own lives, we need to lovingly forgive ourselves for the mistakes of the past, and to forgive others their mistakes. Especially if we feel hurt by someone, or in turn have hurt someone, we need to take a radical look at letting go and forgiving so that we can wipe the slate clean and move on. For this we may have to let go of being right and move into our higher, or spiritual self. If appropriate, give and receive forgiveness in person.

New Behaviour

Finally, and providing the proof of change, is New Behaviour. What new practices can we put into effect that can bring greater happiness? The learning becomes effective in the doing. Every day, you can see that there are new, positive ways of behaving to replace any old reactions. A myriad of possibilities exist such as making a gratitude list, dancing, meditating, music and art, being in nature, and of course, sharing your love and happiness with others. Step from the past into a whole new world of possibilities, seizing life and the adventure it provides.

Family Roles

Read through the following list of family roles and ask yourself: 'Which were the roles that I needed to play in order to get attention (Negative and/or Positive) from my parents?'

Then tick the five main roles you adopted in your family

- | | | |
|---|---|--|
| <input type="checkbox"/> Goody-goody | <input type="checkbox"/> The Critical One | <input type="checkbox"/> Policeman |
| <input type="checkbox"/> Never Good Enough | <input type="checkbox"/> Mummy's Girl/Boy | <input type="checkbox"/> Champion |
| <input type="checkbox"/> Victim | <input type="checkbox"/> Seducer | <input type="checkbox"/> Protector |
| <input type="checkbox"/> Prince | <input type="checkbox"/> The Sick One | <input type="checkbox"/> Genius |
| <input type="checkbox"/> Princess | <input type="checkbox"/> The Baby | <input type="checkbox"/> The Crazy One |
| <input type="checkbox"/> Hero | <input type="checkbox"/> Control Freak | <input type="checkbox"/> The Boring One |
| <input type="checkbox"/> Mistake | <input type="checkbox"/> The Weak One | <input type="checkbox"/> Misfit |
| <input type="checkbox"/> The Trusted One | <input type="checkbox"/> Peacemaker | <input type="checkbox"/> Irresponsible One |
| <input type="checkbox"/> Problem Child | <input type="checkbox"/> Winner | <input type="checkbox"/> Undemanding One |
| <input type="checkbox"/> Worrier | <input type="checkbox"/> Arbitrator | <input type="checkbox"/> Wild One |
| <input type="checkbox"/> Nuisance | <input type="checkbox"/> The Best One | <input type="checkbox"/> Mediator |
| <input type="checkbox"/> Black Sheep | <input type="checkbox"/> The Special One | <input type="checkbox"/> Needy |
| <input type="checkbox"/> Adventurer | <input type="checkbox"/> Own Worst Enemy | <input type="checkbox"/> Complainer |
| <input type="checkbox"/> Failure | <input type="checkbox"/> Slob | <input type="checkbox"/> Lawmaker |
| <input type="checkbox"/> Perfect One | <input type="checkbox"/> Clown | <input type="checkbox"/> The Angry One |
| <input type="checkbox"/> The Fighter | <input type="checkbox"/> Star | <input type="checkbox"/> The Calm One |
| <input type="checkbox"/> The Quiet One | <input type="checkbox"/> The Right One | <input type="checkbox"/> Everyone's Enemy |
| <input type="checkbox"/> The Cheeky One | <input type="checkbox"/> Heartbreaker | <input type="checkbox"/> Helper |
| <input type="checkbox"/> The Fixer | <input type="checkbox"/> Musician | <input type="checkbox"/> Burden |
| <input type="checkbox"/> Drama Queen | <input type="checkbox"/> The Lazy One | <input type="checkbox"/> Saviour |
| <input type="checkbox"/> The Strong One | <input type="checkbox"/> Leader | <input type="checkbox"/> Criminal |
| <input type="checkbox"/> Rebel | <input type="checkbox"/> The Bad One | <input type="checkbox"/> Success |
| <input type="checkbox"/> No-One's Friend | <input type="checkbox"/> Protector | <input type="checkbox"/> Careful One |
| <input type="checkbox"/> The Frightened One | <input type="checkbox"/> Mysterious One | <input type="checkbox"/> Celebrity |
| <input type="checkbox"/> The Clever One | <input type="checkbox"/> Rescuer | <input type="checkbox"/> Odd One Out |
| <input type="checkbox"/> The Troublemaker | <input type="checkbox"/> Disappointment | <input type="checkbox"/> Big One |
| <input type="checkbox"/> The Happy One | <input type="checkbox"/> The Tidy One | <input type="checkbox"/> Spoilt One |
| <input type="checkbox"/> Caretaker | <input type="checkbox"/> The Wrong One | <input type="checkbox"/> Different One |
| <input type="checkbox"/> Invisible | <input type="checkbox"/> Achiever | <input type="checkbox"/> Patient One |
| <input type="checkbox"/> Snob | <input type="checkbox"/> Lucky One | <input type="checkbox"/> Tragic One |
| <input type="checkbox"/> Entertainer | <input type="checkbox"/> Teacher | <input type="checkbox"/> Loner |
| <input type="checkbox"/> Weird One | <input type="checkbox"/> Cheat | <input type="checkbox"/> Father's Friend |
| <input type="checkbox"/> The Stupid One | <input type="checkbox"/> Loser | <input type="checkbox"/> Mother's Friend |
| <input type="checkbox"/> The Lonely One | <input type="checkbox"/> Boss | <input type="checkbox"/> Pet |
| <input type="checkbox"/> The Confident One | <input type="checkbox"/> Heir | <input type="checkbox"/> Surrogate Mum/Dad |
| <input type="checkbox"/> The Dreamer | <input type="checkbox"/> Scapegoat | |
-

What is a Pattern?

• LEARNED • COMPULSIVE • AUTOMATIC • REACTIVE

WAY OF BEING

Closed, withdrawn, nice

WAY OF ACTING

Criticising, interrupting

BELIEFS AND ADMONITIONS

'There's not enough to go around'

'Be quiet!'

COMPULSIVE FEELING STATES OR MOODS

Resentful, numb, alone, anxious

How Patterns live in us

ADOPTION

Do it to myself

Do it to others

Attract others who do this

Set up others to do it to me

REACTION

I compensate or protect myself and create a reactive pattern

REBELLION

I rebel to be different from...

Family Roles and Patterns

The roles I took on in my family as a child and how they're in my life today

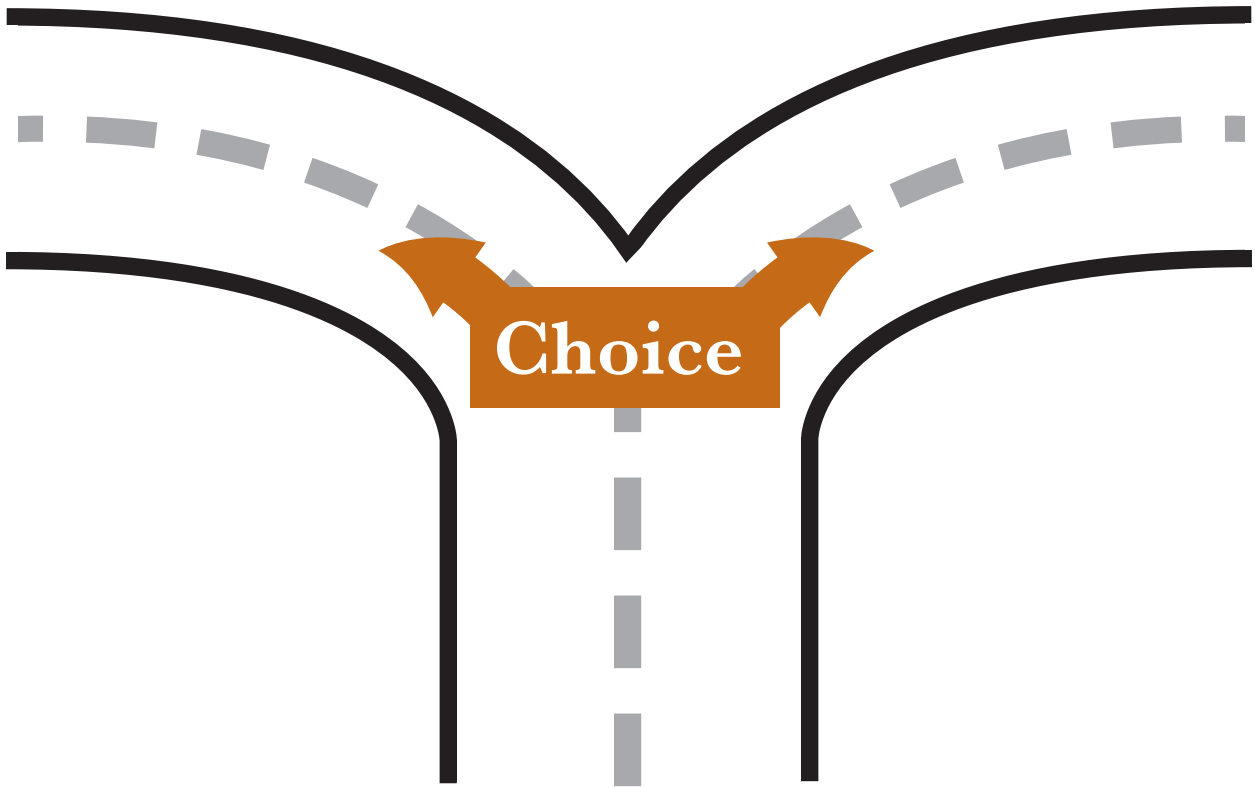
Major patterns, who I learned them from, and how they affect me emotionally, intellectually, and physically:

The impact these patterns have on the other people in my life:

Identifying Patterns

	PATTERN	PARENT(S)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Left Road / Right Road



The Quadrinity: Four aspects of self

The Quadrinity is a framework, a model for understanding ourselves and our behaviour as human beings. It includes all four aspects of self: Body, Emotions, Intellect and Spirit. These four aspects interact and form a complex interrelated system. They can be experienced individually or jointly in various combinations.

Physical Self

The Body is the physical home of the non-physical aspects of self and connects them to the world. It carries our genes. It is made of the elements of the physical universe so is subject to its laws. It provides sensory information. The Body expresses thoughts of Intellect, feelings of the Emotional Self & essence of the Spiritual Self.

UNPROGRAMMED QUALITIES

Mobility & flexibility
Expressiveness
Learns and remembers
Sends messages
Senses, pleasure, pain
Sexuality/sensuality

NEGATIVE PATTERNS

Rigidity
Numbing out
Repressed conflicts
Chronic pains
Illness
Tension/anxiety
Hyperactive/fatigue

Spiritual Self

The Spiritual Self is our essence at the core of our being – the pure, perfect, totally positive, unprogrammed aspect of self that is connected to and resonates in harmony with the universe. It knows and strives for truth, justice and wholeness. It is in the present and eternal.

QUALITIES

Unconditionally and always loving
Wise, compassionate and totally ethical
Creative, intuitive grounded and centred
Strong, confident and responsive
Courageous and intentional
Peaceful, serene and patient
Self-reflective/impartial observer

Emotional Self

The Emotional Self is our feeling aspect. It provides information about our internal and external world and expresses feelings through our body. It has no sense of time or space and can regress in age. It is where Negative Love patterns first developed. The negative Emotional Self remains a child as it was not unconditionally loved and validated.

UNPROGRAMMED QUALITIES

Curious
Joyful/playful
Spontaneous
Loving/nurturing
Appreciative
Grief/sadness
Open/grateful

NEGATIVE PATTERNS

Rebellious/fearful
Withdrawn/stubborn
Ashamed/guilty
Anxious/paranoid
Defensive/resentful
Unloving/unworthy
Depression

Intellectual Self

The Intellect is our logical, rational, problem-solving thought-processor. It holds what and how we think, our values and beliefs. It tries to make sense of our feelings and experiences. Shoulds, shouldn'ts, do's, don'ts, can'ts, etc. come from our intellect and can be positive or negative. They are negative when they are programmed and compulsive.

UNPROGRAMMED QUALITIES

Rational
Understanding
Knowledgeable
Logical
Evaluating
Strives for excellence
Inventive

NEGATIVE PATTERNS

Critical
Admonishing
Know it all
Argumentative
Judgmental
Perfectionist
Defensive/controlling

Quadrinity Check-In

Describe your Intellect:

What was your Intellect thinking:

Describe your Emotional Self as a Child:

How old is your Emotional Child: _____

What was your Emotional Child feeling?

What sensations did you experience in your Body?

Describe your Spiritual Self, including its qualities and appearance:

What was your Spiritual Self's message?

Emotional expression

What did I learn about **expressing feelings** In my childhood?

What happened if/when I expressed my feelings ?

What I do with feelings in my life now?

What's the impact on me, and on others In my life, if I do, or don't, express my feelings?

Expression experience

My experience in **the room**:

What I used to express:

How I felt **while** expressing on my patterns:

How I felt **after** expressing on my patterns:

How I felt connected to, and filled with, **the Light**

Evening Instructions

- Take some time before you go to bed to reflect on and to journal your experiences of the day and what you've learned on page 19.
- You may want to express yourself drawing in colour... Optional!
- Notice three qualities you appreciate in yourself and three things you're grateful for in your life, and write them here:

Appreciation

Write down three things you love, admire and respect about yourself

1

2

3

Gratitude

Now write down three things you are grateful for in your life

1

2

3

- Please don't look ahead to tomorrow's pages.
- Take it easy this evening and get into bed at a 'good time.' Tomorrow is another full day.
- The 'Creating a Supportive Environment' instructions you were sent includes links to three guided audio meditations on our website which you might find it useful to listen to this evening.
- See you in the morning from 9.15, ready for a 9.30 start.



Good night!

the hoffman essentials

Welcome to
Day two

Day Two: Quadrinity Check-In

Emotional Self

How I'm feeling

What my Emotional Self needs:

Intellect

What I'm thinking

What my Intellect needs:

Body

Feelings and Sensations

What my Body needs:

Spiritual Self

I am

Message from my Spiritual Self:

Relationship between Intellect and Emotional Self

Quadrinity Check-in

Find a place where you can be uninterrupted for a few minutes. Use the rhythm of your breathing to bring consciousness into your body. Allow yourself to settle. Then check in with the four aspects of yourself, allowing a little time with each to observe what they may need.

Body

- Notice your posture as you breathe.
- The body senses, so notice your own physical sensations and your energy levels. Are you relaxed, or are there any areas of tension? Scan your body from top to toe to find out.
- Then ask your body what it wants or needs, and be open to anything you may experience.

Emotional self

- Notice how old your Emotional Self feels.
- Ask your Emotional Self how it feels, what you are feeling in this moment. You may well experience a whole range of feelings, some of which may seem contradictory, such as feeling curious and sad, or hopeful and anxious.
- Then ask your Emotional Self what it wants or needs, and be open to its response.

Intellect

- The Intellect thinks, so ask yourself what you are thinking in this moment. Often there are a number of different thoughts. Notice the quality of the thoughts – are they peaceful and serene, or is your Intellect chattering? Let the thoughts pass through like clouds in the sky, simply observing them.
- Then ask your Intellect what it wants or needs and be curious to anything it may communicate.

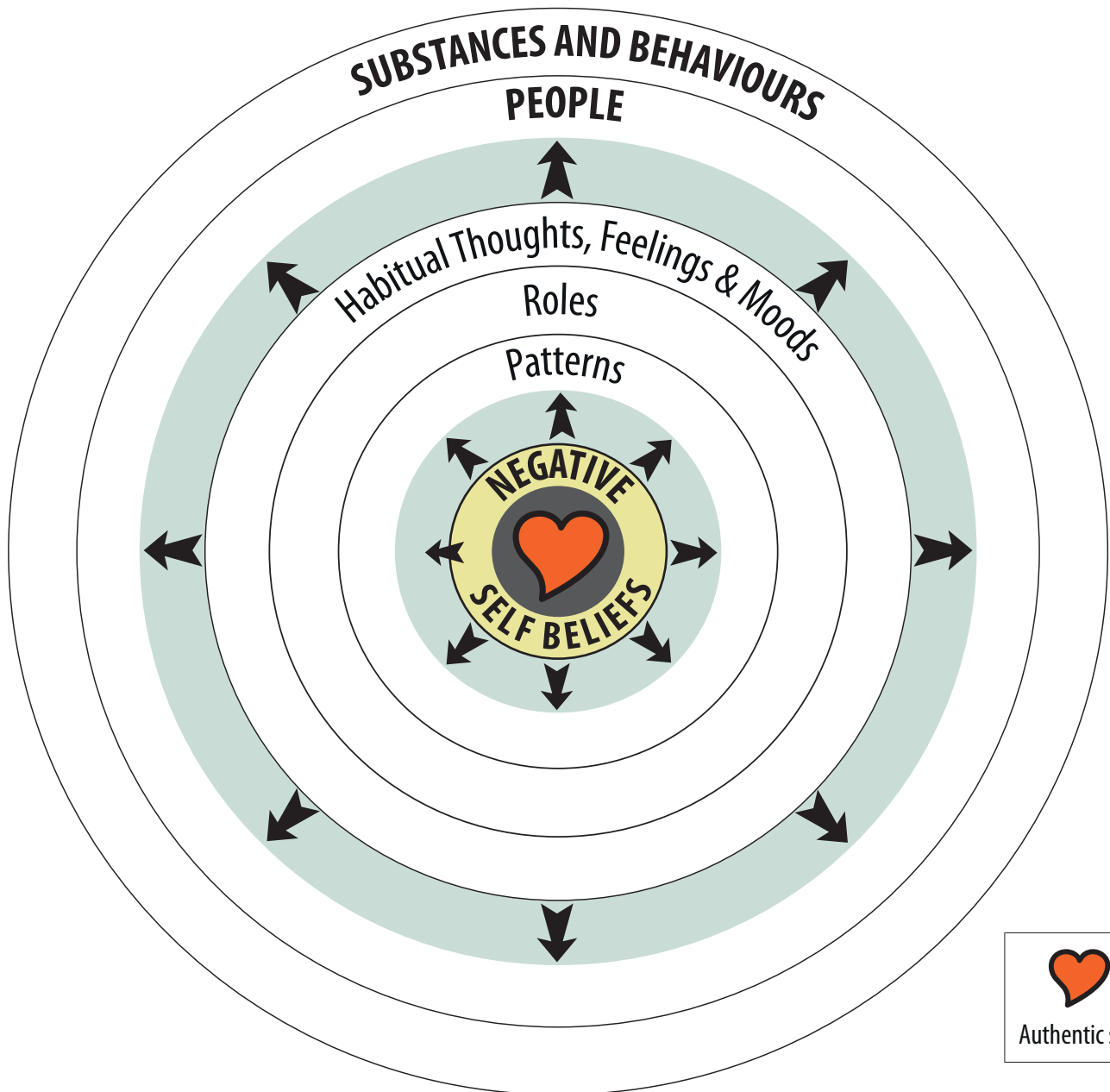
Spiritual self

- Your Spiritual Self, or your Higher or Essential Self is the source of your love, wisdom, peace and vision. Feel this in your heart centre and breathe into it. Meditate for a few moments, bringing more consciousness to this still centre and the quiet voice of intuition that lives there.
- Ask your Spiritual Self what message of support it has for you in this moment. You can make the request general or focused on a specific issue in your life.

Experience and express your gratitude for all aspects of your being.

For best results, repeat daily!

Negative Love map



Negative Self Beliefs

Transference Worksheet

I had a negative reaction to you _____

Day/time and location

_____ *when and where only*

I experienced you as

_____ *my perceptions, judgments, and quotations*

Like my

_____ *mother/father/surrogate*

The patterns I went into were

which I learned from my

_____ *mother/father/surrogate*

Transference Worksheet

I had a negative reaction to you _____

Day/time and location

_____ *when and where only*

I experienced you as

_____ *my perceptions, judgments, and quotations*

Like my

_____ *mother/father/surrogate*

The patterns I went into were

which I learned from my

_____ *mother/father/surrogate*

Inner Critic

What messages does my Inner Critic give me?

When is my Inner Critic most likely to try to make itself heard?

What will I do to disempower my Inner Critic?

Understanding for your parents

How did you experience speaking with your Mother as a 6 year old girl ?

How did you feel towards your Mother, when as a 6 year old, she said goodbye and walked away ?

Putting your attention on how your Mother behaved in **your** childhood, how do you feel towards her now having spoken to her as a 6 year old girl ?

How did you experience speaking with your Father as a 6 year old boy ?

How did you feel towards your Father, when as a 6 year old, he said goodbye and walked away ?

Putting your attention on how your Father behaved in **your** childhood, how do you feel towards him now having spoken to him as a 6 year old boy ?



Self-Forgiveness and Self-Compassion Practices

Self-forgiveness practices

Self-compassion practices

Something specific I can do each day to be compassionate to myself

New Behaviour

How did you experience embodying, and behaving with, the pattern of critical/self critical?

How did you experience embodying your Spiritual Self, and behaving differently?

What will I do to nourish my connection to my Spiritual Self ?



Thank you!

Thank you for taking part in The Hoffman Essentials. We hope you found it to be a rewarding experience and that you have gained some insights and practical tools to take away with you.

We look forward to welcoming you at future Hoffman workshops and events.

You'll find lots more information about these, and the Hoffman Process on our website: **hoffmaninstitute.co.uk** or you're welcome to sign up to our e-newsletter for details.

A reminder that you're welcome to download the audio files from our website that you've used during The Essentials, including a version of the Quad Check practice that you learned this weekend and may like to continue.

And if you have any questions following your workshop, don't hesitate to contact the Hoffman office:

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