

Hoffman Process pre-course work

Welcome to your Hoffman Process pre-course work. You will be embarking on a journey of self-discovery during your Process week and this work is intended to help you understand and prepare for that week.

The work will take approximately 6-8 hours to complete and you may find it beneficial to take a few breaks and come back to it with fresh eyes. **This form does NOT save automatically, so please save a copy of the document to your device BEFORE you start to work on it, and be sure to save it regularly as you go along.** Making sure you are working on a saved version from the outset can help prevent wasted time and effort.

If you can keep to a paragraph or two with the most important details, that's ideal – quality of information is more important than quantity. The boxes on the form provide ample space for the length of answer we're expecting to receive. It will be read by your facilitator, and your answers will support them to support you, so we ask that you try to complete this in your own words, as honestly and openly as you feel able to and without assistance from AI.

1. Your name (*first name, last name*)

2. Your email address

3. Which Hoffman Process are you registered for? (*starting date, month, year*)

Your Life Today

4. What do you wish to gain from participating in the Hoffman Process?

5. What are the biggest challenges you are facing in your life right now? (*Name two or three*)

6. If you could change three things about your present day life, in a sentence or two, what would they be?

7. What is your current relationship situation?

8. If you are in a relationship, who are you in relationship with? Please give us their first name(s).

9. Do you live together? How many years have you been together?

10. Have you ever been widowed, separated, or divorced? If yes, in what year?

11. Do you have any other significant relationship(s)?

12. If you have children, list their first name(s), gender(s) and age(s). Please also indicate if they are from a previous relationship. You may wish to include pregnancies that didn't reach full term.

13. Are you employed / studying / retired? Please describe your current work situation.

14. How would you describe your work-life balance? *(There is further space to discuss work below)*

15. If you could choose your ideal occupation, what would it be?

Challenges and Issues

16. **Work / Career / Money:** Briefly describe any challenges and issues you are currently facing in this area of your life.

17. **Family Life / Children / Parenting:** Briefly describe any challenges and issues you are currently facing in this area of your life.

18. **Friendships / Social Networks / Community:** Briefly describe any challenges and issues you are currently facing in this area of your life.

19. **Love Life / Intimate Relationships:** Briefly describe any challenges and issues you are currently facing in this area of your life.

20. **Race / Ethnicity / Racism / Discrimination:** Briefly describe any challenges and issues you are currently facing in this area of your life.

21. **Spirituality / Meaning / Purpose:** Briefly describe any challenges and issues you are currently facing in this area of your life.

22. **Physical Health / Body Image:** Briefly describe any challenges and issues you are currently facing in this area of your life.

23. **Sexuality / Sensuality / Intimacy:** Briefly describe any challenges and issues you are currently facing in this area of your life, including how you feel about your gender identity and your sexual orientation.

24. Briefly describe how you feel about yourself and how you take care of yourself.

25. Is there a sentence or two you'd like to add about your life today?

Self-Assessment

Please rate the following from 0-10, where 0 = poor and 10 = excellent.

- | | |
|---------------------------------------------------|----------------------|
| 26. Life in general | <input type="text"/> |
| 27. Your relationship with your children | <input type="text"/> |
| 28. Your relationship with your spouse / partner | <input type="text"/> |
| 29. Your relationship with your friends | <input type="text"/> |
| 30. Your relationship with people at work/college | <input type="text"/> |
| 31. Your relationship with yourself / your body | <input type="text"/> |
| 32. Your treatment of yourself / your body | <input type="text"/> |
| 33. Ability to be honest about your feelings | <input type="text"/> |
| 34. Ability to ask for help | <input type="text"/> |

Your background

Our childhood background and experiences influence our behaviour and decision-making throughout our lives. In this section, we explore the impact of how our family dynamic still influences our lives today. You may find some memories easier to recall than others, and this is perfectly normal.

We recommend that you explore your past with an open mind and curiosity, which will assist you in understanding how the connections and links from your past may still impact your life today.

35. Name, age and occupation of your mother (*former occupation if retired*). Where did they grow up? Are they still alive? If not, when and how did they die?

36. Name, age and occupation of your father (*former occupation if retired*). Where did they grow up? Are they still alive? If not, when and how did they die?

37. Did your parents separate or divorce? If so, how old were you when this happened?

38. Do you have any **surrogates**? A surrogate parent is somebody who had a significant parental role, including raising you and disciplining you before the age of 13. A surrogate could be a step-parent, grandparent, nanny, boarding school etc). Please list name(s), and relationship to any surrogate(s) you had before the age of 13.

39. What country were you born in? Where did you spend the majority of your childhood? Did you move during the first 13 years of your life? If so, please give dates and brief details.

40. If you had siblings / half siblings or step siblings, please share their name and age, and if they were half or step siblings. Did you grow up together?

41. Were you adopted? Did you grow up with foster parents, or in care? If yes, please give details, including what age you were.

42. If you were adopted, have you met or had contact with your biological parents and, if so, when?

43. Did you go to boarding school and, if so, at what age? Briefly describe your experience.

Assess your relationship with the following people, where 0 = poor and 10 = excellent.

If any are deceased, how was your relationship with them at the time of their death?

(For information about surrogates, see Q38).

| | In your childhood | As an adult |
|-------------------|--------------------------|----------------------|
| 44. Your mother | <input type="text"/> | <input type="text"/> |
| 45. Your father | <input type="text"/> | <input type="text"/> |
| 46. Surrogate 1 | <input type="text"/> | <input type="text"/> |
| 47. Surrogate 2 | <input type="text"/> | <input type="text"/> |
| 48. Your siblings | <input type="text"/> | <input type="text"/> |

49. Please take a moment to reflect on your childhood and write a sentence or two on how you would describe yourself as a child.

50. What was your childhood nickname or alternative name, if you had any?

51. If you had siblings growing up, how would you describe your interaction with each other?
Or if you were an only child, how would you describe your experience?

52. How would you define your role growing up in your family? For example, the joker or clown, the clever one, the golden child, Daddy's girl, Mummy's boy, the favourite, the peacekeeper, the rebel, the mascot, the quiet one, the stupid one, the troublemaker, the caretaker / helper, the lost / forgotten one, or something else...

53. Were there any unusual or notable circumstances around your conception, mother's pregnancy or your birth? Please describe.

54. In a sentence or two, describe how your **mother** behaved at times when you needed comforting.

55. In a sentence or two, describe how your **father** behaved at times when you needed comforting.

56. In a sentence or two, (*if applicable*) describe how your **surrogate(s)** behaved at times when you needed comforting.

57. Please take a moment to describe a time when you were a child and you witnessed your **mother** sad, upset or angry. How did they express their emotions?

58. Please take a moment to describe a time when you were a child and you witnessed your **father** sad, upset or angry. How did they express their emotions?

59. *(If applicable)* Please take a moment to describe a time when you were a child and you witnessed your **surrogate(s)** sad, upset or angry. How did they express their emotions?

60. Please describe an event in your childhood when **you** were sad, upset or angry with your **mother**.

61. Please describe an event in your childhood when **you** were sad, upset or angry with your **father**.

62. *(If applicable)* Please describe an event in your childhood when **you** were sad, upset or angry with your **surrogate(s)**.

63. In a sentence or two, describe how your **mother** behaved at times when they were disciplining you.

64. In a sentence or two, describe how your **father** behaved at times when they were disciplining you.

65. In a sentence or two (if applicable) describe how your **surrogate(s)** behaved at times when they were disciplining you.

66. **As an adult**, how do you express emotions in your life? Are there any emotions that you are scared to express?

67. **As an adult**, how do you behave now when you feel sad or upset?

68. How are these feelings connected to your parents' behaviour when they were sad or upset?

69. **As an adult**, how do you behave now when you feel angry?

70. How are these feelings connected to your parents' behaviour when they were angry?

71. What would you have changed about your childhood?

72. If you are in a relationship now, how does it feel and what does being in a relationship mean to you?

73. If you are in a relationship now, describe the similarities in your current relationship to your parents' relationship. How has your parents' relationship impacted your own relationship history overall? If your parents re-partnered, please include any relevant information.

74. If you are not currently in a relationship, how does that feel for you and what does 'being single' mean to you?

75. What messages did each of your parents or surrogates give you about **work / career / money**, if any?

76. What relationship do you have with **work / career / money** today?

77. What messages did your parents or surrogates give you about **religion or spirituality**, if any?

78. How do you feel about **religion and spirituality** today?

79. What were the key messages that you received from your parents or surrogates about **race and ethnicity**, if any?

80. How have these messages about **race and ethnicity** affected your behaviour and relationships?

81. What were the key messages that you received from your parents or surrogates regarding **intimacy and sex**, if any?

82. How have these messages impacted your **intimate relationships and sexuality**?

83. What were the key messages you received from your parents or surrogates regarding your **body and gender identity**, if any?

84. How have these messages impacted your attitude towards your **body and gender identity**?

85. If your parents have died, how was your relationship with each of them at the time of their death?

86. **As a child**, who or what helped / supported / inspired you to build resilience and overcome adverse experiences? What coping mechanisms / soothing strategies did you have?

87. How do you behave / react when faced with challenges now?

88. Who or what would you describe as your present support system?

Understanding patterns

You will have an opportunity to acknowledge the **positive** things you learned from your parents and surrogates later during your Process week. For now, we invite you to see your parents as human beings who, like all of us, knowingly or unknowingly will have made some mistakes.

The next section of this work identifies what we call '**patterns**'. Patterns are negative behaviours, beliefs, thoughts, moods and actions that we repeat in our lives. Patterns are part of the human condition and we all have hundreds of them. They are **negative, compulsive, automatic, emotionally charged** and **learned**.

As children, up to the age of puberty, we take on the patterns of our primary caregivers in order to feel loved. We mould and shape our behaviour whether we realise it or not.

This is Bob Hoffman's theory of 'Negative Love' - even though we take on or adopt patterns in order to feel loved, we end up hurting ourselves and others.

The following examples may help to understand different types of patterns.

Behaviour patterns

Examples include: *critical, being late, perfectionist, workaholic.*

Patterns of belief

Examples include: *'We're better than them', 'I'll never be good enough', 'I'm not important', 'I don't care', 'I can't have what I want', 'I need to prove myself'.*

Roles, personality traits

Examples include: *joker, caretaker, rebel, good girl, peacemaker, overachiever.*

Compulsive moods/feelings

Examples include: *resentful, anxious, depressed, passive-aggressive.*

Once we have identified our patterns, we can start freeing ourselves from them.

Identifying patterns

In the work that follows, you will see many examples of patterns.

Put an 'X' in the relevant column if you recognise the pattern in yourself **(Me)**, Mother **(M)**, Father **(F)** or Surrogates **(S1 or S2)**.

Please note that this is not a complete list. You are welcome to use words of your own (e.g. from your native language) where there are blank boxes at the end of a block.

You may have identified surrogates above and we have included columns for up to two. Remember that a surrogate can be a person (e.g. step-parent) or an institution (e.g. boarding school).

Allow yourself to be guided by your intuition or gut feeling. If you and your parent(s) / surrogate(s) had the same behaviour, make sure you mark an **X** in the relevant columns.

It doesn't have to be perfect. You can go back to this list as often as you need.

If you are using surrogates, make a note of which will be S1 and S2 here (*if applicable*), and the relationship of each surrogate to you.

| | Name | Relationship |
|-------------|----------------------|----------------------|
| Surrogate 1 | <input type="text"/> | <input type="text"/> |
| Surrogate 2 | <input type="text"/> | <input type="text"/> |

Anxiety / Fear-Based Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|------------------------------------------------------------|----|---|---|----|----|
| Worried / Anxious | | | | | |
| Paranoid /Feeling persecuted | | | | | |
| The world is unsafe /'Mean world' syndrome | | | | | |
| People are dangerous /can't be trusted | | | | | |
| Cautious | | | | | |
| Indecisive | | | | | |
| Panic attacks | | | | | |
| Fear of death / dying / sickness / pain | | | | | |
| Fear of expressing myself | | | | | |
| Fear of the unknown | | | | | |
| Fear of abandonment | | | | | |
| Catastrophise / 'The sky is falling' | | | | | |
| Attach to others to feel safe | | | | | |
| Hyper-vigilant / always looking for signs of danger | | | | | |
| Dread | | | | | |
| Phobias | | | | | |
| Other Anxiety / Fear-Based patterns you would like to add: | | | | | |
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Avoid Conflict / Pleasing Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-----------------------------------------------------------------|----|---|---|----|----|
| Avoid conflict /Don't make waves | | | | | |
| Align with others to stay safe | | | | | |
| Chameleon | | | | | |
| Take on others' points of view | | | | | |
| Appease / Flatter | | | | | |
| Wishy-washy | | | | | |
| Oblivious to / Minimise problems /'Ostrich' | | | | | |
| Rose-coloured lenses / over optimistic | | | | | |
| Complacent / smug /self satisfied | | | | | |
| Deny or suppress anger | | | | | |
| Need everything to be 'nice' | | | | | |
| Merge with others | | | | | |
| Say 'no' by avoiding or forgetting | | | | | |
| Smile when angry or feeling hurt | | | | | |
| Uncomfortable with honesty | | | | | |
| 'Good girl' /'Good boy' | | | | | |
| Apologetic | | | | | |
| Overwork to please others | | | | | |
| Don't set or keep boundaries | | | | | |
| Need to be liked | | | | | |
| Other Avoid Conflict / Pleasing patterns you would like to add: | | | | | |
| | | | | | |
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Unworthy / Not Good Enough / Shame-Based Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-------------------------------------------------------------------------------------------|----|---|---|----|----|
| Not good enough / Unworthy | | | | | |
| Self-critical | | | | | |
| Self-hatred | | | | | |
| Idealise others / Follower | | | | | |
| I am a fraud / imposter | | | | | |
| Fear of being found out | | | | | |
| Negative self-talk / Beat myself up | | | | | |
| Seek outside validation | | | | | |
| Compare self negatively to others | | | | | |
| Nothing I do is ever enough | | | | | |
| Reject those attracted to me | | | | | |
| Expect rejection | | | | | |
| I am flawed / I am broken | | | | | |
| 'If you really knew me, you wouldn't like me' | | | | | |
| Any other Unworthy / Not Good Enough / Shame-Based patterns you would like to add: | | | | | |
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Caretaker / Martyr Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------------------------------|----|---|---|----|----|
| Put others' needs ahead of own | | | | | |
| Attract needy or helpless people | | | | | |
| Ignore / deny / discount my own needs | | | | | |
| Guilt tripping / manipulating | | | | | |
| Resentful / keeping score | | | | | |
| Need to be needed | | | | | |
| Neglects self | | | | | |
| Superior / Self-righteous | | | | | |
| Doing for others = I am lovable | | | | | |
| False humility | | | | | |
| Take on other people's feelings | | | | | |
| Strings attached to what I do for you | | | | | |
| Saviour / Rescuer | | | | | |
| Codependent / Enabling | | | | | |
| Any other Caretaker / Martyr patterns you would like to add: | | | | | |
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Victim Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------------------|----|---|---|----|----|
| Focus on the negative | | | | | |
| Manipulate through being a victim | | | | | |
| Need to be fixed / Can't be fixed | | | | | |
| Melodramatic | | | | | |
| Rescue me | | | | | |
| 'It's your fault' | | | | | |
| 'I am different' | | | | | |
| Take everything personally | | | | | |
| Hypersensitive | | | | | |
| 'You hurt me' / 'You make me feel' | | | | | |
| Dominate through being helpless | | | | | |
| Jealous / Envious | | | | | |
| 'I am the one with the worst problems' | | | | | |
| Nobody understands me | | | | | |
| Any other Victim patterns you would like to add: | | | | | |
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Manipulative Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------------------------|----|---|---|----|----|
| Manipulate with emotions | | | | | |
| Manipulate with flattery | | | | | |
| Manipulate through illness | | | | | |
| Manipulate through money | | | | | |
| Lying / Deceit | | | | | |
| Game playing | | | | | |
| Seductive to get what I want | | | | | |
| Any other Manipulative patterns you would like to add: | | | | | |
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Domination / Aggression Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|--------------------------------------------------------------------------|----|---|---|----|----|
| Aggressive | | | | | |
| Controlling | | | | | |
| Need to be right | | | | | |
| Stubborn | | | | | |
| Insensitive to others | | | | | |
| Confrontational / Combative | | | | | |
| Demanding / Bossy | | | | | |
| Arrogant | | | | | |
| Competitive | | | | | |
| Have to be the authority / Know it all | | | | | |
| Vindictive | | | | | |
| Lash out verbally or physically | | | | | |
| Righteousness | | | | | |
| Mock / Humiliate others | | | | | |
| Boastful | | | | | |
| Need to have the last word | | | | | |
| Argumentative | | | | | |
| Overbearing / Domineering / Dictatorial | | | | | |
| Lecturing | | | | | |
| Defiant | | | | | |
| Interrupt or cut people off | | | | | |
| Harsh / Mean | | | | | |
| Intimidating / Threatening / Bullying | | | | | |
| Any other Domination / Aggression patterns you would like to add: | | | | | |
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Boundary Crossing: Emotional & Physical Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|----------------------------------------------------------------------------------------------|----|---|---|----|----|
| Hitting / Slapping | | | | | |
| Pushing | | | | | |
| Pinching | | | | | |
| Shaking | | | | | |
| Spanking / Belting | | | | | |
| Not allowing privacy | | | | | |
| Not protecting child from hurt | | | | | |
| Putting a child in unsafe situations | | | | | |
| Tickling to the point of trauma | | | | | |
| Any other Boundary Crossing: Emotional & Physical patterns you would like to add: | | | | | |
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Boundary Crossing: Emotional & Mental Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|--------------------------------------------------------------------------------------------|----|---|---|----|----|
| Reading journals, emails, texts | | | | | |
| Invalidating others' feelings | | | | | |
| Telling people what they feel | | | | | |
| Criticising / Putting others down | | | | | |
| Disrespectful | | | | | |
| Controlling others with fear | | | | | |
| Nitpicking / Fault-finding | | | | | |
| Shaming / Humiliating | | | | | |
| Raging | | | | | |
| Name calling | | | | | |
| Eye rolling | | | | | |
| 'Gaslighting' / undermining someone's reality | | | | | |
| Spreading rumours / Gossiping | | | | | |
| Sharing secrets / Betraying confidence | | | | | |
| Invasive / Intrusive | | | | | |
| Any other Boundary Crossing: Emotional & Mental patterns you would like to add: | | | | | |
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Boundary Crossing: Sexual Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|----------------------------------------------------------------------------|----|---|---|----|----|
| Promiscuity | | | | | |
| Incest | | | | | |
| Sexual touch from adult to child | | | | | |
| Not protecting a child from inappropriate touch | | | | | |
| Teasing about puberty / sexuality | | | | | |
| Leering / Ogling | | | | | |
| Rape | | | | | |
| Lack sexual boundaries | | | | | |
| Denial / disbelief of abuse | | | | | |
| Leaving pornography around | | | | | |
| Sexual jokes / innuendo | | | | | |
| Risky sex / chemsex | | | | | |
| Forcing any sexual activity | | | | | |
| Sexual violence | | | | | |
| Exhibitionism | | | | | |
| Any other Boundary Crossing: Sexual patterns you would like to add: | | | | | |
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Rejecting / Abandoning Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------------------------------------|----|---|---|----|----|
| Abandoning, physically or emotionally | | | | | |
| Given up for adoption | | | | | |
| Sent to boarding school / foster home | | | | | |
| Abandoning, physically or emotionally through divorce | | | | | |
| Abandoning, physically or emotionally due to death | | | | | |
| Abandoning, physically or emotionally due to taking care of siblings | | | | | |
| Abandoning, physically or emotionally due to mental illness | | | | | |
| Abandoning, physically or emotionally due to war | | | | | |
| Abandoning, physically or emotionally due to addictions / substance abuse | | | | | |
| Abandoning, physically or emotionally due to imprisonment | | | | | |
| Abandoning, physically or emotionally due to work | | | | | |
| Abandoning, physically or emotionally due to stress / hardship | | | | | |
| Any other Rejecting / Abandoning patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Withdrawn / Withholding Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-------------------------------------------------------------------------|----|---|---|----|----|
| Avoid connection / Detached | | | | | |
| Reclusive / Isolated | | | | | |
| Stay in my head / Preoccupied | | | | | |
| Happiest / safest when I'm alone | | | | | |
| Uncommunicative | | | | | |
| Lost in books and ideas | | | | | |
| Always tired / fatigued | | | | | |
| Cold | | | | | |
| Observer | | | | | |
| Withholding love / appreciation | | | | | |
| Evasive | | | | | |
| Uncomfortable or withholding of emotions | | | | | |
| Overwhelmed by others | | | | | |
| Any other Withdrawn / Withholding patterns you would like to add | | | | | |
| | | | | | |
| | | | | | |

Unreliable / Escapist Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|------------------------------------------------------------------------|----|---|---|----|----|
| Unreliable / Inconsistent / Unpredictable | | | | | |
| Impulsive | | | | | |
| Immature / Irresponsible / 'Peter Pan' | | | | | |
| Don't consider the consequences | | | | | |
| Frequently late | | | | | |
| Don't keep commitments | | | | | |
| Compulsive lying | | | | | |
| Forgetful | | | | | |
| Magical thinking | | | | | |
| Low tolerance for frustration | | | | | |
| Denial | | | | | |
| Can't deal with pain | | | | | |
| Create chaos | | | | | |
| Numb out / Shut down / Escape | | | | | |
| Any other Unreliable / Escapist patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Compulsion / Addiction Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-------------------------------------------------------------------------|----|---|---|----|----|
| Work | | | | | |
| Food / Disordered eating | | | | | |
| Romance / Sex / Dating apps | | | | | |
| Alcohol | | | | | |
| Tobacco / eCigarettes / Vaping | | | | | |
| Sugar / Sweets | | | | | |
| Prescription Medication (e.g. sleeping pills) | | | | | |
| Recreational Drugs: (e.g. cocaine, marijuana, ketamine) | | | | | |
| Adrenaline / Risk taking | | | | | |
| TV / Mobile devices / Social media / Gaming | | | | | |
| Masturbation / Pornography | | | | | |
| Reading / Studying | | | | | |
| Gambling | | | | | |
| Exercise / Fitness tracking / Bodybuilding | | | | | |
| Shopping / Spending | | | | | |
| Any other Compulsion / Addiction patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Numb / Shut Down Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-------------------------------------------------------------------|----|---|---|----|----|
| Lifeless | | | | | |
| There but not there | | | | | |
| Numb | | | | | |
| Joyless | | | | | |
| Nothing gets to me / Armoured | | | | | |
| Depressed | | | | | |
| Too busy to feel | | | | | |
| Any other Numb / Shut Down patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Self-Centered Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|----------------------------------------------------------------|----|---|---|----|----|
| Self-centered / I'm the most important | | | | | |
| Oblivious to other people's needs | | | | | |
| Only focused on what I need | | | | | |
| Out for myself / Get what I can | | | | | |
| Any other Self-Centered patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Perfectionism Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|----------------------------------------------------------------|----|---|---|----|----|
| Perfectionistic | | | | | |
| Judgmental | | | | | |
| Black and white thinking | | | | | |
| Need for order / Rigid routine | | | | | |
| Hyper-critical of self or others | | | | | |
| Fear of making mistakes | | | | | |
| Obsessive / Compulsive | | | | | |
| Inflexible / Dogmatic | | | | | |
| Keep raising the bar | | | | | |
| Lack of joy or spontaneity | | | | | |
| Impatient | | | | | |
| Physical, e.g. cosmetic procedures, bodybuilding | | | | | |
| Can't look foolish / let go / have fun | | | | | |
| Never good enough | | | | | |
| Any other Perfectionism patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Status Seeking Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-----------------------------------------------------------------|----|---|---|----|----|
| Need to feel important | | | | | |
| Need to be admired | | | | | |
| Concerned with image | | | | | |
| Competitive | | | | | |
| Extravagant | | | | | |
| 'Keeping up with the neighbours' | | | | | |
| Lie or conceal to protect image | | | | | |
| Exaggerate to protect image | | | | | |
| Need status symbols | | | | | |
| 'Having to have' - best / newest / biggest | | | | | |
| Jealous of others' success | | | | | |
| Social climber | | | | | |
| Performer | | | | | |
| Achievement-driven | | | | | |
| Any other Status Seeking patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Religious Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-----------------------------------------------------------------------------|----|---|---|----|----|
| Using religious fear to control | | | | | |
| False humility | | | | | |
| Fatalism / Why bother? | | | | | |
| Forcing religious beliefs | | | | | |
| Laughing at others' spiritual connection | | | | | |
| Holier-than-thou / Spiritually superior | | | | | |
| Lack of meaning or purpose | | | | | |
| Spiritual bypass / Sidestepping issues (e.g. 'I don't have anger any more') | | | | | |
| Minimising trauma as learning experience (e.g. 'It's all spiritual growth') | | | | | |
| Any other Religious patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Prejudice Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|------------------------------------------------------------|----|---|---|----|----|
| Race | | | | | |
| Physical appearance (e.g. body weight / size) | | | | | |
| Age | | | | | |
| Economic status | | | | | |
| Education | | | | | |
| Ethnicity / Culture | | | | | |
| Gender Identity / Sex | | | | | |
| Immigrants / Refugees | | | | | |
| Language or accent | | | | | |
| Marital Status | | | | | |
| Mental Disability | | | | | |
| Physical Disability | | | | | |
| Nationality / Country of Origin | | | | | |
| Occupation | | | | | |
| Political Belief / Party | | | | | |
| Pregnancy | | | | | |
| Religious or Spiritual beliefs | | | | | |
| Sexual orientation | | | | | |
| Skin colour | | | | | |
| Social class | | | | | |
| Appearance (eg hair, dress, tattoos, piercings) | | | | | |
| Any other Prejudice patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Discrimination and Bias Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|----------------------------------------------------------------------------------------|----|---|---|----|----|
| 'We are superior, they are inferior' | | | | | |
| Ignore / minimise differences ('We're all the same; I'm colourblind') | | | | | |
| Making excuses ('If I didn't mean any harm, then my behaviour is okay') | | | | | |
| Use demeaning terms and labels | | | | | |
| Objectify other genders | | | | | |
| Diffuse or reject responsibility ('Not my problem') | | | | | |
| Exclude or avoid others who are different | | | | | |
| Go along / not speak up | | | | | |
| Don't identify self in terms of race | | | | | |
| Make or repeat demeaning jokes | | | | | |
| Shame or negative view of one's own colour, race or ethnicity | | | | | |
| Shame or negative view of one's own gender | | | | | |
| Shame or negative view of one's own sexual orientation | | | | | |
| Shame or negative view of one's own age | | | | | |
| Shame or negative view of one's own size | | | | | |
| Invalidate one's own experiences of prejudice or bias | | | | | |
| Minimise own pain / experience of being the object of racial inequality | | | | | |
| Shame for looking different or not fitting in with status quo | | | | | |
| Resist belonging to a group | | | | | |
| Comparing / competing own underrepresented group versus other's underrepresented group | | | | | |
| Attempt to pass as a different racial identity | | | | | |
| Any other Discrimination and Bias patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Relationship / Sexuality Patterns: 1

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------|----|---|---|----|----|
| Give sex to get love | | | | | |
| Give affection to get sex | | | | | |
| Addicted to romance | | | | | |
| Addicted to sex | | | | | |
| Create drama / Manipulate with feelings | | | | | |
| Can't / afraid to commit | | | | | |
| Looking for ideal partner to make me whole | | | | | |
| Fear of intimacy / being seen / known | | | | | |
| Fear of being trapped | | | | | |
| Fear of being alone / Can't be alone | | | | | |
| Reject before being rejected | | | | | |
| Blame partner for my feelings | | | | | |
| Value partner's needs over my own | | | | | |
| Self-esteem rides on how my partner sees me | | | | | |
| Affairs | | | | | |
| Promiscuity | | | | | |
| Secrets | | | | | |
| Sabotage relationships | | | | | |
| Chronic fault finding | | | | | |
| 'Come here / Go away' / Push-pull | | | | | |
| Sexually passive | | | | | |
| Sex is bad | | | | | |
| Sex is only for procreation | | | | | |
| Women should not enjoy sex | | | | | |
| Unappreciative of partner | | | | | |
| Masturbation is wrong | | | | | |

Relationship / Sexuality Patterns: 2

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-----------------------------------------------------------------------------|----|---|---|----|----|
| Addicted to fantasy | | | | | |
| Hold on to past / Unforgiving with my partner | | | | | |
| Withhold sex or love for punishment | | | | | |
| My partner should know what I need / feel / think / like - be a mind reader | | | | | |
| Embarrassed about my partner | | | | | |
| Sniping / Microaggression | | | | | |
| Pretend everything is OK but angry / seething / disappointed inside | | | | | |
| One foot out the door / Ready to leave | | | | | |
| Threaten to leave | | | | | |
| Use sex / seduction to get what I want | | | | | |
| Dating apps | | | | | |
| Non-orgasmic | | | | | |
| Fear of sex or sexual performance | | | | | |
| 'The grass is greener' / better off elsewhere' | | | | | |
| Cold shoulder / Stonewalling | | | | | |
| Nag my partner | | | | | |
| Shut down to my partner's needs / feelings | | | | | |
| Dishonest / lying / not telling whole truth | | | | | |
| If I get away with it, it didn't happen | | | | | |
| Invasive – secretly checking partner's email, phone, texts | | | | | |
| Prudish | | | | | |
| Domineering | | | | | |
| Submissive | | | | | |
| Keep the peace at any cost | | | | | |
| Don't use my voice | | | | | |

Relationship / Sexuality Patterns: 3

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|--------------------------------------------------------------------------|----|---|---|----|----|
| Attract needy / wounded partners | | | | | |
| Attract partners who can't commit | | | | | |
| Attract partners who criticise me | | | | | |
| Attract remote / shut down partners | | | | | |
| Attract partners who reject me | | | | | |
| Attract unavailable partner | | | | | |
| Attract partners with addictions | | | | | |
| Any other Relationship / Sexuality patterns you would like to add | | | | | |
| | | | | | |
| | | | | | |

Relationship Belief Patterns

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|-------------------------------------------------------------------------|----|---|---|----|----|
| Being married / partnered = trapped / loss of freedom | | | | | |
| Being married / partnered = no sex | | | | | |
| Being married / partnered = I'll be happy | | | | | |
| Being married / partnered = I'm safe | | | | | |
| Being single = I'm not good enough / defective / failure / unattractive | | | | | |
| Being single = I don't fit in | | | | | |
| Being single = I'll be happy | | | | | |
| Being single / alone = I'm safe | | | | | |
| Any other Relationship Belief Patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Work / Career / Money Patterns: 1

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|---------------------------------------------------------------------|----|---|---|----|----|
| Having enough money / the right job = I'll be happy / safe / worthy | | | | | |
| Chronic unemployment | | | | | |
| Perpetual student, don't put qualifications to use | | | | | |
| Underemployed | | | | | |
| Money is everything | | | | | |
| Money is bad / dirty / beneath me | | | | | |
| Work at the expense of relationship / family / health | | | | | |
| Chronic debt | | | | | |
| Cheap / Stingy | | | | | |
| Overspend / Live beyond my means | | | | | |
| Chronically unsatisfied with my work | | | | | |
| Staying in unhealthy / destructive work situations | | | | | |
| Unconscious / unaware of where my money goes | | | | | |
| Different person at work than in the rest of my life | | | | | |
| Can't be myself / show my feelings / be authentic at work | | | | | |
| Can't speak up / use my voice at work | | | | | |
| Feel undervalued at work | | | | | |
| Use money as power to manipulate and control | | | | | |
| I don't deserve to be financially secure | | | | | |
| No matter how much money I have, it never feels like enough | | | | | |
| Fear of poverty | | | | | |
| Fear of wealth | | | | | |

Work / Career / Money Patterns: 2

Mark **X** next to all that apply.

| | Me | M | F | S1 | S2 |
|------------------------------------------------------------------------|----|---|---|----|----|
| Don't value my own contribution at work | | | | | |
| Work is drudgery / suffering | | | | | |
| Lying / concealing / deception with money | | | | | |
| Feel like an imposter at work | | | | | |
| Any other Work / Career / Money patterns you would like to add: | | | | | |
| | | | | | |
| | | | | | |

Your Patterns

The negative patterns that you learned from your parents and surrogates are the ‘baggage’ that is holding you back in your adult life and that you are coming to the Process to work on.

Remember that patterns are **reactive**, **emotionally charged** and **compulsive**. Some patterns may be so regular and so automatic that they seem to be part of our identity.

At this stage you may find it useful to re-watch the short animated video that you were sent with your pre-course work ‘Explaining the Negative Love Syndrome’. There is also a section in Tim Laurence’s book ‘*You Can Change Your Life*’ which goes into more detail (Chapter 2).

There are **three** ways that we take on our parents’/surrogates’ patterns:

1. Adopt (I adopted the **same** pattern as my parent)

Example: ‘Mum was critical of me and of herself, so I directly learned her pattern of being critical. I may criticise myself, criticise others, and unknowingly set up situations and people in my life where I end up being criticised.’ Or ‘Aggression was used by Dad at home, so I learned the pattern of being aggressive. In my life today I can be aggressive towards others and towards myself.’

2. Rebel (I took on the **opposite** pattern to my parent)

Example: ‘My stepfather had incredibly high expectations of me, so I rebelled and took the opposite pattern of having low expectations. I have low expectations of myself and of life in general, which stops me having what I want’. Or ‘Mum was controlling, so I became passive. As an adult I am too passive in my relationships.’

3. React (I took on a **different** pattern in reaction to my parents’ pattern)

Example: ‘Dad was a worrier, so I took on the pattern of being a joker, to try to soothe things. As an adult, I struggle to drop the joker mask and to be authentic with others’. Or, ‘My Mum was cold and aloof, so I became a hypochondriac in order to get her attention. This still plays out for me as an adult.’

As you can see, just one pattern from a parent may lead to a whole cluster of **adoption, rebellion or reaction** patterns in you.

For example, a controlling father may mean that you learned patterns of control or passivity, staying small, anger, mistrust, etc. An emotionally unavailable mother may have led to your own patterns of emotional unavailability, abandonment, withdrawal, zoning out or smothering, codependence, neediness, etc.

Pattern Exploration: Present to Past

In this section we want you to demonstrate that you understand the connection between your **present** and your **past**.

Choose **one of your own patterns** that is causing damage in your life **today** and explore the connection to childhood.

As you reflect on the current issues you are facing in your life right now, identify a **behaviour of yours** that is a problem for you. (*Example: 'I procrastinate at work and at home'*)

Name it as a single pattern (*Example: 'Procrastination'*)

How does this play out? Do you do this to yourself, partner, colleagues, family, friends?
(*Example: 'I do this to myself and it affects my partner, colleagues, family and friends'*)

Where did you witness this way of being or behaviour in your childhood? Did a parent do it to themselves, you, or someone else? Did a parent allow it in a sibling?

(*Example: 'My mum would always leave things late, then panic'*)

Did you learn this in reaction/rebellion to a parent? If so, what did they do that created this behaviour in you?

(*Example: 'My dad was very pushy, driven and inflexible. What I did was never good enough'*)

What was it like for you, as a child, for your parent to be that way? How did you feel?

(Example: 'I felt scared of getting things wrong. I froze whenever there was pressure. I never wanted to try new things')

Name the ways this pattern comes out in your life today. Do you do this to yourself? To others?

Do you set it up for others to do it to you? *(Example: 'I never get anything finished. I'm scared when I'm asked to take on new projects at work and I beat myself up for it. I focus on little things and never get to the important things. My partner is pushy, like my dad, and I feel the same pressure')*

What are the consequences? What damage is it causing in you and in your life? *(Example: 'I want to give up before starting something new. It causes conflict with my partner. People are always waiting for me to make decisions, and sometimes make decisions without me because they get frustrated')*

Name any other patterns you see as a result of this. *(Example: 'Procrastination. Fear of failure. Inadequacy. Freezing under pressure. Beat myself up.')*

Pattern Exploration: Past to Present

In this section we want you to demonstrate that you understand the connection between your **past** and your **present**.

Past to Present: Mother

Choose **one pattern for your mother** to explore what they did and how it is alive in your life today.

Think back to your childhood and write down one of your mother's negative ways of behaviour or being.
(*Example: My mother didn't show emotion. She wouldn't tell anyone what she was feeling*)

Name it as a pattern (*Example: Shut down, isolated*)

To whom did they do this? (themselves, partner, you or one of your family)
(*Example: She did it to herself and she expected us all to do it as well*)

What was it like for you, as a child, for your mother to be this way? What did you feel? (*Example: I could tell she was angry but she denied it! It made me feel tense and nervous*)

Name the ways this pattern is alive in your life today. Do you do this to yourself? To others?
Do you set it up for others to do it to you?

(*Example: I married someone who invalidates my feelings. I don't know how to handle it when other people express their feelings to me. I don't share my feelings with people I care about*)

What are the consequences? What is it doing to you now and what damage does it cause in your life today? *(Example: I feel isolated and as if nobody really knows me. I never feel good enough. I try to be kind, but often feel angry with no healthy way of expressing it. I suffer from anxiety and high blood pressure)*

Name any other patterns you see as a result of this *(Examples: Isolating, Walking on eggshells, Shut down, My feelings don't matter, Lacking connection with others)*

Pattern Exploration: Past to Present

In this section we want you to demonstrate that you understand the connection between your **past** and your **present**.

Past to Present: Father

Choose **one pattern for your father** to explore what they did and how it is alive in your life today.

Think back to your childhood and write down one of your father's negative ways of behaviour or being.
(*Example: In social settings, my dad would always sit back and be more of an observer*)

Name it as a pattern (*Example: Withdrawn*)

To whom did they do this? (themselves, partner, you or one of your family)

(*Example: He did it to himself and all of us*)

What was it like for you, as a child, for your father to be this way? What did you feel?

(*Example: I felt embarrassed by him being so withdrawn, and the awkward things he might say*)

Name the ways this pattern is alive in your life today. Do you do this to yourself? To others? Do you set it up for others to do it to you?

(*Example: I find myself feeling awkward in social situations. Sometimes I blurt out things and feel stupid for saying them. Other times I will overshare or be very outgoing to over-compensate.*)

What are the consequences? What is it doing to you now and what damage does it cause in your life today? (*Example: I sometimes feel uncomfortable in new social settings. I find myself observing, rather than taking action. I become hard on myself and feel I'm not good enough*)

Name any other patterns you see as a result of this (*Examples: Withdraw, Overshare, Isolate*)

Pattern Exploration: Past to Present

In this section we want you to demonstrate that you understand the connection between your **past** and your **present**.

Past to Present: Surrogate (if applicable)

Choose **one pattern for a surrogate** to explore what they did and how it is alive in your life today.

Think back to your childhood and write down one of your surrogate's negative ways of behaviour or being. *(Example: My stepmother was very judgemental and often unkind about people)*

Name it as a pattern *(Example: Hypercritical)*

To whom did they do this? (themselves, partner, you or one of your family)

(Example: She was quick to criticise anyone, but especially people who didn't agree with her)

What was it like for you, as a child, for your surrogate to be this way? What did you feel?

(Example: It made me feel nervous and unsure of myself. I would do things just to keep her happy)

Name the ways this pattern is alive in your life today. Do you do this to yourself? To others? Do you set it up for others to do it to you?

(Example: I find myself people-pleasing and letting other people make decisions for me, just to keep the peace. I worry about how others perceive me, and second-guess my choices)

What are the consequences? What is it doing to you now and what damage does it cause in your life today? *(Example: I hold back from making big decisions because I'm fearful of 'getting things wrong' in the eyes of others. I'm more passive than I'd like to be. I lack resilience, and will immediately back down if challenged. I'm scared to 'make a fuss'. I lack confidence)*

Name any other patterns you see as a result of this *(Examples: People-pleasing, Passivity, Don't use my voice, Self-invalidation, Keep the peace at any cost)*

Patterns I learned in my childhood

On your Process, we will work with each of your parents and surrogates individually.

To prepare for this, we ask you to look back at the work you did earlier in the tick-box section of this form (pages 22-46) and compile a list of **your** worst patterns that you adopted from / did in reaction to / did in rebellion to each of them.

These patterns will be the focus of your work at the start of your Process, so choose patterns that you feel have had the most negative impact on your life.

My 10 worst patterns from my Mother. You are welcome to include more.

(Please also note whether you have adopted, rebelled or adapted to her patterns).

| | | | |
|---|--|----|--|
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

Other patterns from mother (optional)

My 10 worst patterns from my Father. You are welcome to include more.

(Please also note whether you have adopted, rebelled or adapted to his patterns).

| | | | |
|---|--|----|--|
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

Other patterns from father (optional)

My 5 worst patterns from Surrogate 1 . You are welcome to include more.
(Please also note whether you have adopted, rebelled or adapted to their patterns).

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Other patterns from surrogate 1 (optional)

| |
|--|
| |
|--|

My 5 worst patterns from Surrogate 2 . You are welcome to include more.
(Please also note whether you have adopted, rebelled or adapted to their patterns).

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Other patterns from surrogate 2 (optional)

| |
|--|
| |
|--|

Summary

89. As a result of these explorations, what have you seen about the impact of your childhood on your adult life? You might want to consider this in relation to the following areas: your love life, parenting, friendships, work / career / money, health / body image, race / ethnicity, sexuality /sensuality.

90. Please describe any other insights you have learnt about your childhood/family.

-
91. Write down how you would like your life to be if you could have it just the way you wanted.
Be specific about the changes you want for yourself.

92. Do you have any questions/concerns about participating in the Hoffman Process?

93. Did you use AI whilst completing your pre-coursework? If so, please tell us something about this

94. Is there anything about completing this pre-course work that you would like to give us feedback on? Was anything unclear? Were there any passages that concerned or disturbed you?

95. Who are you doing the Hoffman Process for?

96. Do you feel ready to throw yourself wholeheartedly into the Hoffman Process? **(YES/NO)**

Finally

Your pre-course work should be returned to the Hoffman Institute at least four weeks before the start of your course (unless otherwise agreed), as this gives time for us to read your work.

We will contact you if we have any questions based on what you've written. Please be assured your information will be kept confidential.

When you have completed this form, please email it along with a clear, recent photograph of yourself (unless you have already sent one) to enrolment@hoffmaninstitute.co.uk

Please remember to print out **pages 22-57** and bring them with you to the Process, as you will be referring to this section of the pre-course work during the week.

Thank you!