



## Welcome to your Hoffman Process pre-course work.

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

The document will take approximately 8-10 hours to complete, so you may find it useful to complete it in a few sessions, allowing yourself time to take breaks if you need to.

### Before you begin

**The form does NOT save automatically**, so please **download and save a copy of the document to your device BEFORE you start to work on it**. Keep your saved version somewhere safe, and be sure to save it regularly as you go along. Working on a saved version from the start can help to prevent wasted time and effort later.

### What to include

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 plenty of space for the length of answer we're expecting you to provide. You don't need to worry about grammar and spelling.

It will be read by your facilitator, and your answers will support them to support you, so we ask that you complete this in your own words, as honestly and openly as you feel able. Please try to do this without assistance from AI if you can; there's no need to polish your answers and your authentic, real voice works best.

When you have completed the form, it should be sent to [enrolment@hoffmaninstitute.co.uk](mailto:enrolment@hoffmaninstitute.co.uk)

### Questions?

[www.hoffmaninstitute.co.uk/enrolment](http://www.hoffmaninstitute.co.uk/enrolment)

T: +44(0)1903 88 99 90

E: [enrolment@hoffmaninstitute.co.uk](mailto:enrolment@hoffmaninstitute.co.uk)

# Table of Contents

The form is divided into seven sections as follows.

It might be helpful to take breaks between each section.

1. Your Life Today (pages 3-5)
2. Current Challenges and Issues (p6-10)
3. Your Background and its impact today (p11-25)
4. Understanding Patterns (p25-64)\*
5. Summary (p65-68)

**\*Section 4** should be printed and brought to the Process venue with you.

## Your Life Today

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

2. Your email address

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

4. What would you like 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 **briefly** describe your work-life balance in a sentence or two?  
*(There are more questions around 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:** 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.

**24. Disability / Ableism:** If you identify as disabled, Deaf or neurodivergent, please describe any challenges or issues you are currently facing in this area of your life.

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

**26.** 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.  
*Put an X in any that boxes that don't apply to you.*

- |     |   |                          |
|-----|---|--------------------------|
| 27. | Life in general                                 | <input type="checkbox"/> |
| 28. | Your relationship with your children            | <input type="checkbox"/> |
| 29. | Your relationship with your spouse / partner    | <input type="checkbox"/> |
| 30. | Your relationship with your friends             | <input type="checkbox"/> |
| 31. | Your relationship with people at work / college | <input type="checkbox"/> |
| 32. | Your relationship with yourself / your body     | <input type="checkbox"/> |
| 33. | Your treatment of yourself / your body          | <input type="checkbox"/> |
| 34. | Ability to be honest about your feelings        | <input type="checkbox"/> |
| 35. | Ability to ask for help                         | <input type="checkbox"/> |

## Your background

Our childhood background and experiences influence our behaviour and decision-making throughout our lives. In this section, we explore how the impact of 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 help you in understanding how the connections and links from your past might still be having an impact on your life today.

- 36.** 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?

- 37.** 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?

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

- 39.** 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.

- 40.** 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.

**41.** 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?

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

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

**44.** 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 have died, how was your relationship with them at the time of their death? (For information about surrogates, see Q38).

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

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

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

52. 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?

53. 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...

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

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

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

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

**58.** 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?

**59.** 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?

**60.** 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?

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

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

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

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

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

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

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

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

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

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

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

**72.** If you are in a relationship now, how does it feel and what does being in a relationship mean to you? (If you are not in a relationship, please skip to question 74)

**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 would you have changed about your childhood?

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

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

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

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

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

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

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

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

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

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

86. What were the key messages that you received from your parents or surrogates regarding **disability / neurodivergence / ableism** if any?

87. How have these messages about **disability / neurodivergence / ableism** affected your behaviour and relationships?

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

89. **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?

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

**91.** 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					
Holding it together					
Over-explaining					
Dread					
Phobias					
Other <b>Anxiety / Fear-Based</b> patterns you would like to add:					

# 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 / mask / camouflage to fit in					
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 <b>Avoid Conflict / Pleasing</b> patterns you would like to add:					

# 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 / broken / weird / wired wrong					
'If you really knew me, you wouldn't like me'					
Always get things wrong					
Any other <b>Unworthy / Not Good Enough / Shame-Based</b> patterns you would like to add:					

# 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 <b>Caretaker / Martyr</b> patterns you would like to add:					

# 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 <b>Victim</b> patterns you would like to add:					

# 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 <b>Manipulative</b> patterns you would like to add:					

# Domination / Aggression Patterns

Mark X next to all that apply.

	Me	M	F	S1	S2
Aggressive					
Controlling					
Need to be right / pedantic					
Stubborn					
Insensitive to others					
Confrontational / Combative					
Demanding / Bossy					
Arrogant / Defiant					
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					
Interrupt or cut people off					
Harsh / Mean					
Intimidating / Threatening / Bullying					
Other <b>Domination / Aggression</b> patterns you would like to add:					

# 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 <b>Boundary Crossing: Emotional &amp; Physical</b> patterns you would like to add:					

# 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					
Overly honest					
Blunt					
Any other <b>Boundary Crossing: Emotional &amp; Mental</b> patterns you would like to add:					

# 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					
Other <b>Boundary Crossing: Sexual</b> patterns you would like to add:					

# 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					
Felt abandoned, physically or emotionally, through divorce					
Felt abandoned, physically or emotionally, due to death					
Felt abandoned, physically or emotionally, due to care of siblings					
Felt abandoned, physically or emotionally, due to mental illness					
Felt abandoned, physically or emotionally, due to war					
Felt abandoned, physically or emotionally, due to addictions or substance abuse					
Felt abandoned, physically or emotionally, due to imprisonment					
Felt abandoned, physically or emotionally, due to work					
Felt abandoned, physically or emotionally, due to stress or hardship					
Felt abandoned, physically or emotionally, due to disability					
Felt abandoned, physically or emotionally, due to neuro-difference					
Other <b>Rejecting / Abandoning</b> 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					
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					
Frequently overwhelmed					
People are confusing					
Social situations are demanding					
Social situations are depleting					
Social situations are confusing					
Outsider					
Wallflower					
Avoid social situations					
Overwhelmed by others					
Isolated					
Other <b>Withdrawn / Withholding</b> 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					
Daydreamer					
Fidget / can't be still					
Constantly on the move					
Prone to outbursts / meltdowns					
Any other <b>Unreliable / Escapist</b> 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					
Other <b>Compulsion / Addiction</b> 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 <b>Numb / Shut Down</b> patterns you would like to add:					

## Self-Centred 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 <b>Self-Centred</b> 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 <b>Perfectionism</b> 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 <b>Status Seeking</b> patterns you would like to add:					

# Religion / Spirituality 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 <b>Religion / Spirituality</b> 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 <b>Prejudice</b> 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 under-represented group					
Attempt to pass as a different racial identity					
Other <b>Discrimination and Bias</b> 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, socials					
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 <b>Relationship / Sexuality</b> 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 <b>Relationship Belief</b> 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 <b>Work / Career / Money</b> 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 precourse 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. **Compensate** (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 compensating** patterns in you.

## 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 25-49) and compile a list of **YOUR** worst patterns - the negative ones that you have **adopted** / are **in rebellion** to / are **compensating** for.

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, and add them to the tables below. Try and keep them concise - single words and phrases where possible.

You will need to identify ten patterns that you can trace back each of your parents and five for any Surrogates, so **20-40 patterns in total**.

There is space in the table to name your caregiver's patterns too - but it's **your own** negative patterns that are the focus.

You should also indicate how you are making the connection between your patterns and your caregiver's - have you have **adopted** a pattern of theirs, **rebelled** against a pattern or **compensated** for a pattern?

For example:

**My negative pattern = Overcautious with money** > Father's pattern = Overspending > I rebelled against this pattern.

**My negative pattern = Social anxiety** > Father's pattern = Social anxiety > I adopted this pattern.

<b>MY NEGATIVE PATTERN</b>	<b>FATHER'S PATTERN</b>	<b>ADOPTED, REBELLED, COMPENSATED</b>
<i>Name your negative pattern</i>	<i>Which pattern of your father's have you traced this from?</i>	
Overcautious with money	Overspending	Rebelled
Social Anxiety	Social Anxiety	Adopted
Worrier	Joker	Compensated

## TEN OF MY WORST PATTERNS – from my Mother

You are welcome to include more. Please also note whether you have **adopted, rebelled** or **compensated for** her patterns. Try and keep them concise – single words and phrases where possible.

	<b>MY NEGATIVE PATTERN</b>	<b>MOTHER'S PATTERN</b>	<b>ADOPTED, REBELLED, COMPENSATED</b>
	<i>Name your negative pattern</i>	<i>Which pattern of your mother's have you traced this from?</i>	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Other patterns from mother (optional)

## TEN OF MY WORST PATTERNS – from my Father

You are welcome to include more. Please also note whether you have **adopted, rebelled** or **compensated** for his patterns. Try and keep them concise – single words and phrases where possible.

<b>MY NEGATIVE PATTERN</b>	<b>FATHER’S PATTERN</b>	<b>ADOPTED, REBELLED, COMPENSATED</b>
<i>Name your negative pattern</i>	<i>Which pattern of your father’s have you traced this from?</i>	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Other patterns from father (optional)

## FIVE OF MY WORST PATTERNS – from Surrogate 1

(If applicable.) You are welcome to include more. Please also note whether you have **adopted, rebelled** or **compensated for** their patterns. Try and keep them concise – single words and phrases where possible.

<b>MY NEGATIVE PATTERN</b>		<b>SURROGATE 1 PATTERN</b>	<b>ADOPTED, REBELLED, COMPENSATED</b>
<i>Name your negative pattern</i>		<i>Which pattern of Surrogate 1 have you traced this from?</i>	
1			
2			
3			
4			
5			

Other patterns from Surrogate 1 (optional)

## FIVE OF MY WORST PATTERNS – from Surrogate 2

<b>MY NEGATIVE PATTERN</b>		<b>SURROGATE 2 PATTERN</b>	<b>ADOPTED, REBELLED, COMPENSATED</b>
<i>Name your negative pattern</i>		<i>Which pattern of Surrogate 2 have you traced this from?</i>	
1			
2			
3			
4			
5			

Other patterns from Surrogate 2 (optional)

## Pattern Exploration 1 : 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.

**Name it as a single pattern** (*Example - 'Reactive'*)

**How does this play out?** Do you do this to yourself, partner, colleagues, family, friends?  
(*Example - 'I get angry with myself and everyone. It affects my family most, but plays out at work too. I find my quick temper difficult to control and I would like to manage it better.'*)

**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 - 'Dad's moods were sudden, extreme and scary. We never knew what was going to make him cross. It affected everyone - when he was in a temper, we'd all go quiet.'*)

**Did you learn this in reaction/rebellion to a parent?**

If so, what did they do that created this behaviour in you?  
(*Example - 'Mum was passive-aggressive. She would pretend to be cheerful and say things were fine, even when she was clearly seething inside. It felt fake and uncomfortable.'*)

**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 saying or doing the wrong thing around Dad, so I was always questioning myself. I was quiet, withdrawn and nervous of speaking up.')*

**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 notice my partner being extra-cheerful when I'm in a bad mood, but this just reminds me of Mum and makes me more cross. I have a reputation for being fiery at work, so people don't include me in projects. Feeling excluded makes me more angry.')*

**What are the consequences?** What damage is it causing in you and in your life?  
*(Example: 'I don't feel able to communicate properly and it's frustrating and lonely. I question a relationship where my partner is modifying their behaviour around me. I don't feel liked or valued by my colleagues. Sometimes I feel my anger is out of my control and that's scary.')*

**Name any other patterns you see as a result of this.** *(Example: 'Inadequacy. Lack of self control. Shame. Frustration. Loneliness. Isolation. Self-sabotage. Hostility')*

## 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 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 single pattern** *Example - Shut Down*

**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 upset, 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 own feelings with the 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. My health is affected; I suffer from anxiety and high blood pressure.*

**Name any other patterns you see as a result of this.**

*Examples - Isolating, walking on eggshells,, my feelings don't matter, lacking connection with others, unheard.*

## 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 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 single 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 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 - 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, Self-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 your surrogate** to explore what they did and how it is alive in your life today. Think back to your childhood and 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 single 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*

## Summary

- 90.** 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.

- 91.** Please describe any other insights you have gained about your childhood/family.

**92.** 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.

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

94. Did you use AI whilst completing your pre-coursework? If so, please tell us something about your reasons for doing so.

95. 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?

96. Who are you doing the Hoffman Process for?

97. 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](mailto:enrolment@hoffmaninstitute.co.uk)

Please remember to print out **pages 25-64** and bring them with you to the Process, as you will be referring to these sections of the pre-course work during the week.