



Do you find yourself stuck in Vicious Circles

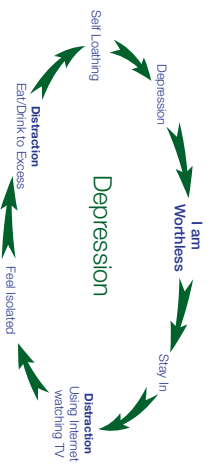
Nowadays, it's all too easy to get swept up in the daily grind or thrown off balance by the demands of today's society. Sometimes pressure at work, a demanding family life or a nagging feeling that the world is leaving us behind can leave us with the feeling that we've lost our way, something is missing and we're just going through the motions.

In these circumstances, it is perfectly normal to feel stuck, or overwhelmed by a sense of losing control. But if we allow these feelings to dominate our existence, that is when the trouble starts.

If we experience some of the above, then it is completely natural to have feelings of depression, anxiety, vulnerability, low self-esteem and stress. This can result in us being stuck in the middle of a vicious circle.

What is a Vicious Circle?

A Vicious Circle is when we move automatically and often unconsciously from one negative thought process or behaviour to another, until we arrive back at the place we started, reinforcing the original negative thought or behaviour we had.



Each time the vicious circle is near a complete cycle, this is when it re-enforces the original core negative belief. So if the core negative belief is 'I am worthless', when the cycle reaches the depression stage that is when it re-enforces the belief of worthlessness.

The following list shows typical elements of negative beliefs or behaviours that we all too often slip into which can fuel our lack of motivation, self-sabotage, or a sense of emptiness. Sometimes it's hard to pin point the reason(s) behind a feeling or a behaviour and this lack of awareness can create a sequence of negative destructive behaviours.

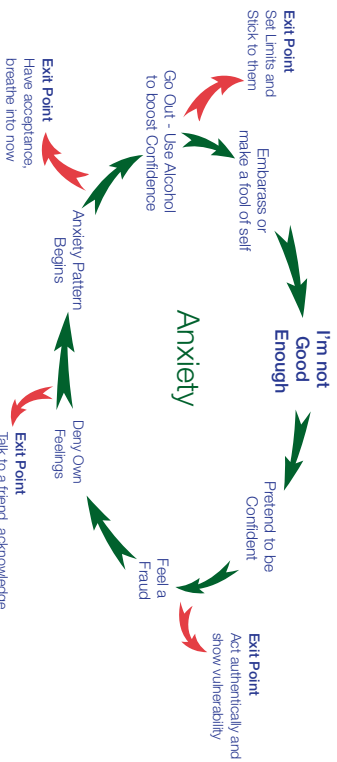
A greater awareness of your own vicious circles and the appropriate techniques to address them, can result in feeling much more positive about ourselves and what the future may hold. Work your way through the list and see which ones best fit your current situation.

Do you recognise any of the following:

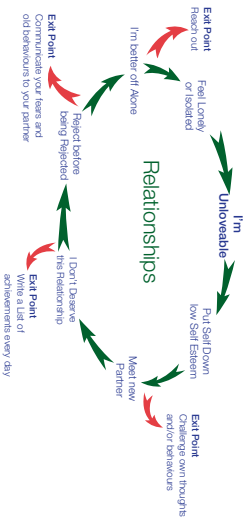
(tick all that apply)

- I feel stuck or something is missing
- I think that something is holding me back
- I keep having unfulfilled relationships
- I can't find meaning in my marriage, career or life
- I'm having a mid-life crisis
- I work compulsively
- I'm at a crossroads or I feel trapped
- I want to be a better parent
- I'm passing on negative patterns to my children
- I'm passing on my own pain to others
- I've had a change in life circumstances
- I don't know how to move forward
- I lack willpower or motivation
- I want to change my life
- I feel numb or on auto pilot
- My feelings or emotions are running me
- I feel unemotional and/or disconnected
- I keep repeating patterns resulting in failure
- I don't know how or who to ask for help
- I'm not coping with stress and have low self esteem
- Sometimes my levels of anger are 'over the top'
- I'm dealing with depression or coping with anxiety
- I'm feeling intimidated or bullied
- I'm feeling unhappy or frustrated
- I can feel resentful and hostile to others
- I'm scared about the future/change
- I find it difficult asking for support
- I have a lack of joy or intimacy in my life

So if this resonates with you, and you feel that your life is going round in circles, there are positive steps you can take. Whatever the circumstances, and however your feelings, we can quickly assess what help would be appropriate.

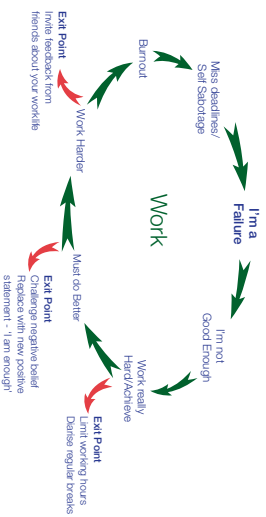


At Hoffman we aim to get to the root cause of why we behave the way we do and why we get stuck in particular patterns. With this knowledge we can work on them individually and make them a thing of the past and look forward to a much brighter future. With over 85,000 participants, the Hoffman Process is fast being recognised as a world leader in change.



How to break your Vicious Circle

Awareness is the first step. In identifying our own vicious circles, we can become more conscious of moving from one stage to the next, which strengthens the original core negative belief. Once we have this awareness the next step is Action! It is key to identify possible actions to take at various points which can enable us to break free of our vicious circles.



How to map a Vicious Circle

When mapping our own vicious circle, you need to identify a core negative belief or behaviour as the starting point, eg "I am worthless" and then ask yourself "What do I think/feel/do next?" at each stage as we move round our vicious circle. Make a note as you go through each stage to identify the next step and how this makes you feel.

Take a moment to look at the examples of vicious circles and see if there are any similarities to those in your life and try and identify the key stages. Once we have this awareness we should be able to begin mapping our own vicious circles.

The Hoffman Process is designed in such a way that not only will it give great awareness but having the Hoffman techniques in place to address these, gives us a much healthier balance mentally, physically and emotionally.

Once we have mastered the awareness and begun to map out our vicious circles then we are in a strong position to be able to break free of them. It takes time, energy and persistence but it is achievable. To work on these more and to learn another 99 Hoffman techniques to help deal with day to day life and to get the most out of life then give us a call and make today the start of the rest of your life...