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Moving Through Shame

with Supervising Hoffman Facilitator Janet Burgis

zoom

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7.30-9.00pm UK

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Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Janet Burgis, and will focus on moving through shame.



What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am.

For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **hoffmaninstitute.co.uk/post-process-website**

Guilt versus shame

Guilt 'I have done something wrong'

I can try to resolve it

Shame 'I am wrong.'

I disconnect and isolate

Why do we have shame?

Before a child can think or articulate, they believe they live in a child-centric universe. Everything is about them.

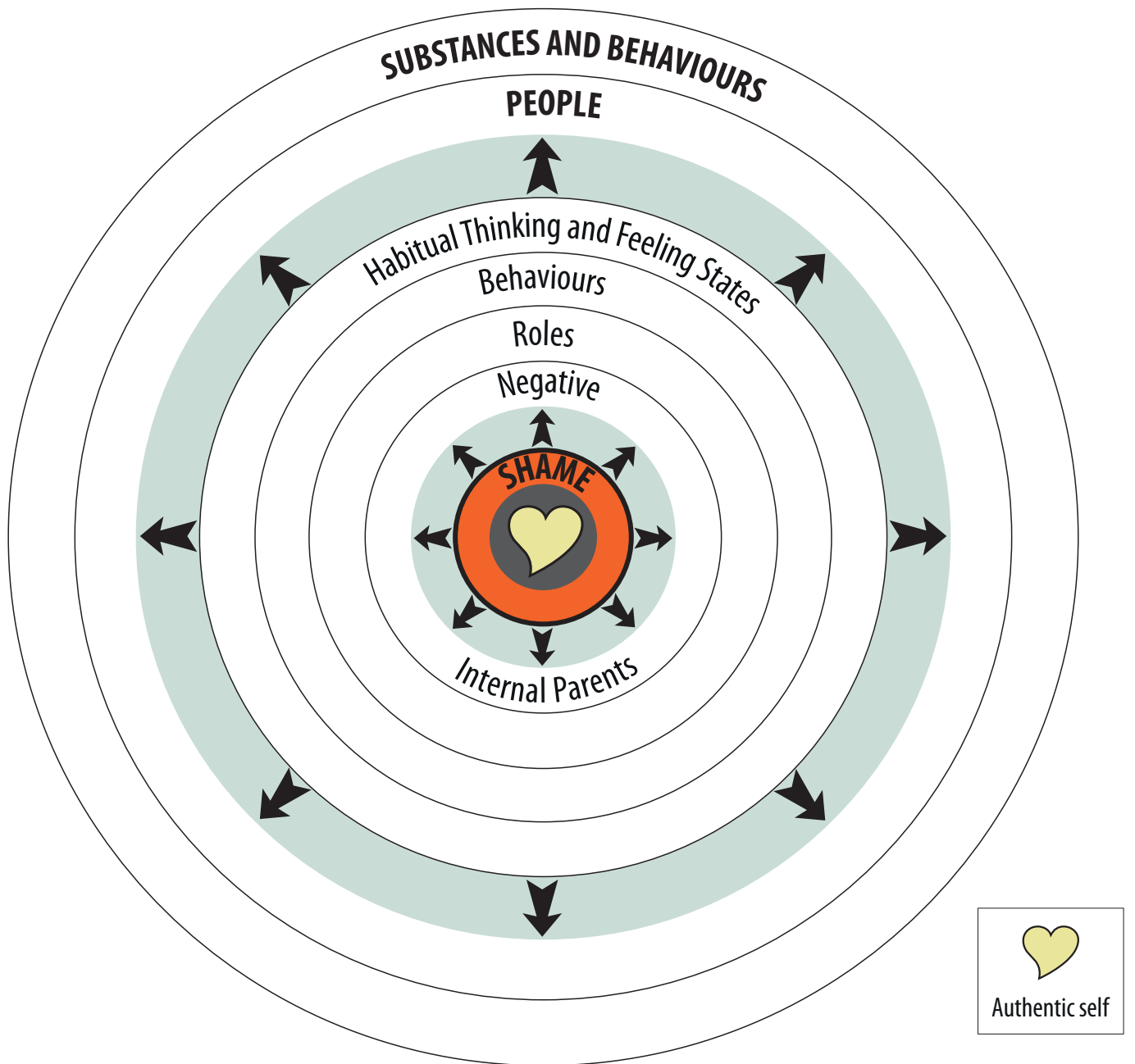
They require connection and belonging to thrive. Any break in this connection is felt acutely, even if it's momentary. So if they don't have a sense of belonging, they start to believe that something is wrong. They have a felt sense that they don't belong.

This shame they feel in their body. The felt sense inside is that they are bad, unloveable, not good enough, wrong, a mistake. And the shame that we feel in our bodies can make us want to curl up, withdraw, hide. It's a deeply-felt emotional message. This is not a message from our Intellects.

Healthy shame – appropriate, stops shameless behaviour, humility.

Toxic shame - when I'm not ashamed of my actions but I believe I am bad/shameful.

Negative Love Map



Identifying shame messages

When we identify our shame message then we can at last give ourselves the possibility of having some power over it. And by identifying it, move through the messages it gives us. We can look outside ourselves and see how I'm meant to be.

But when we are babies we don't have this awareness and instead we believe we are wrong, we don't belong. So we adapt and this results in us taking on a false self. We compensate for the fact that we are not loveable. So we create a masks to hide behind who we are. We become a role: The clown, the caretaker, the rebel, the good girl, the quiet one, the angry one, the loner. We use the mask to cover our shame. We hide this deep down in our bodies. 'If I'm that terrible then I'll isolate and hide because I deserve it. No one will want to be with someone like me. If they only knew what I'm really like'

At this point we move further away from our true essence. We distance ourselves from our heart connection. And by doing that we become swayed by the negative bias and the temptations down the left road. We rush into things that will distract us: Addictions, relationships, romance, co-dependency, substances, food, internet, drama.

And so we become captive to our negative thoughts and beliefs and move further away from our essence and further down the Left Road.

So we have to be proactive and encourage resilience, compassion, connection and love. Only some compassionate awareness will change the brain! The Spiritual Self calls us to wholeness, to connection, to love.

With the compassionate awareness of your Spiritual Self guiding you, there is the possibility of seeing, without shame or malice, what gets in your way, what creates separation, reactivity, inauthenticity, etc., so that you can take action towards a more joyful, loving, resilient, presence in life.

Notes:

One-up, one down

Shame and vindictiveness

Vicious Cycles

Vicious cycles are a great tool of awareness.

As you may have become aware, patterns occur in groups, it's like they 'hunt in packs'. If we take our shame statement out into the world, what happens? We end up in a Vicious Cycle. One pattern can lead to another and then another, forming this "familiar" sequence of feelings, thoughts, and behaviours.

The cyclical structure of the vicious cycle channels the energy of the patterns, increasing their power. The patterns tend to alternate in no particular order through feelings, thoughts, behaviours, moods, beliefs, expectations, and admonitions. And they take us right back to where we began... with our shame belief.

This compulsive way of being reinforces the shame belief

Lots of energy in a vicious cycle whirling around - takes on a life of its own.

- The structure/order of the patterns increases their power
- Each point on the vicious cycle is a pattern (and we know what we can do with those)
- Each pattern is a choice point - need to engage your awareness to interrupt the flow of energy
- Vicious Cycles connect with each other, creating a neural network composed of all your patterns - what we know as the Dark Side (and we know what we can do about that)

It's important to see the relationship - how we move from one pattern to the next.
What do I Think - Feel- Do?

Let's imagine we have a shame belief of "Inadequate" and have been invited to a party



What are my red flags when I am in a Vicious Circle?

What are my exits?

Draw your Vicious Cycle

Shame patterns

SHAME BELIEFS	PATTERNS I GO INTO

Patterns to recycle

PATTERN	M/F/S	AUTHENTIC ALTERNATIVE & NEW WAY OF BEING

Message from Spiritual Self



Thank you!

Thank you for taking part in the webinar, and we look forward to welcoming you at future online workshops and events. Visit: hoffmaninstitute.co.uk/post-process-website or remember to keep checking our newsletter for details.

We'd also like to thank Janet for hosting this webinar.

You can now book one-to-one Hoffman coaching with Janet (and with other members of the Hoffman UK facilitator team) via our website: hoffmaninstitute.co.uk/book-hoffman-coaching

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: www.paypal.me/hoffmanuk

We're working remotely, but you can still get in touch:

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