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Vindictive? Me, Vindictive?

with Supervising Hoffman Facilitator Jeremy Kynaston

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 Jeremy Kynaston, and will focus on acknowledging and letting go of Vindictiveness.

Are you ready to acknowledge your Vindictiveness? And ready to do something about it, with guidance, accompanied by a supportive group of other Hoffman graduates? On the other side is a deeper, richer experience of our humanity. A deeper, richer connection to our Spiritual Self. A deeper, richer life of compassion, ease and wholeness.



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

Vindictiveness

Check off all the ways you have been vindictive to others (*add your own*):

- | | | | |
|--------------------------|------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Isolate and withhold | <input type="checkbox"/> | Silent, Cut off |
| <input type="checkbox"/> | Abuse | <input type="checkbox"/> | Gossip |
| <input type="checkbox"/> | Superior | <input type="checkbox"/> | Hurtful righteous language |
| <input type="checkbox"/> | Criticism | <input type="checkbox"/> | Withdrawal |
| <input type="checkbox"/> | Violence | <input type="checkbox"/> | Insults |
| <input type="checkbox"/> | Condescending | <input type="checkbox"/> | Striking out |
| <input type="checkbox"/> | End relationship | <input type="checkbox"/> | Sarcasm |
| <input type="checkbox"/> | Grudges | <input type="checkbox"/> | Wait for 'Karma' to get them |
| <input type="checkbox"/> | Cold shoulder | <input type="checkbox"/> | Passive aggressive |
| <input type="checkbox"/> | Deceive/hide | <input type="checkbox"/> | Don't share information |
| <input type="checkbox"/> | Not forgiving mistakes | <input type="checkbox"/> | Undermine others |
| <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | |

Check off all the ways you have been vindictive to yourself (*add your own*):

- | | | | |
|--------------------------|---|--------------------------|----------------------------|
| <input type="checkbox"/> | Set myself up for failure | <input type="checkbox"/> | Never forgive myself |
| <input type="checkbox"/> | Beat up myself | <input type="checkbox"/> | Compare myself to others |
| <input type="checkbox"/> | Give up on myself | <input type="checkbox"/> | Harm myself |
| <input type="checkbox"/> | Withdraw from life/others | <input type="checkbox"/> | Suicide attempts |
| <input type="checkbox"/> | Don't allow myself time to
relax, play, rejuvenate | <input type="checkbox"/> | Addictions |
| <input type="checkbox"/> | Unrealistic expectations | <input type="checkbox"/> | Joyless |
| <input type="checkbox"/> | | <input type="checkbox"/> | High or low/all or nothing |
| <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | |

I was angry with my friend:

I told my wrath, my wrath did end.

I was angry with my foe:

I told it not, my wrath did grow.

~ William Blake - A Poison Tree

Vindictiveness

Check off all the ways you have been vindictive to Mother and Father (*add your own*):

- | | |
|---|---|
| <input type="checkbox"/> Act like them | <input type="checkbox"/> No time for them |
| <input type="checkbox"/> Run away | <input type="checkbox"/> Never call, write, visit |
| <input type="checkbox"/> Make them guilty | <input type="checkbox"/> Live a life they hate |
| <input type="checkbox"/> Embarrass them | <input type="checkbox"/> Complain |
| <input type="checkbox"/> Tell their secrets | <input type="checkbox"/> No children |
| <input type="checkbox"/> Control them | <input type="checkbox"/> Condescending |
| <input type="checkbox"/> Transference | <input type="checkbox"/> Move away |
| <input type="checkbox"/> Abandon them | <input type="checkbox"/> Guilt-trip them |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Check off all the ways you have blamed the creative force, who some call God (*add your own*):

- | | |
|--|---|
| <input type="checkbox"/> Disconnect from own Spirit | <input type="checkbox"/> Reject religion/Spirituality |
| <input type="checkbox"/> Make addictions your God | <input type="checkbox"/> Intellectualise your God |
| <input type="checkbox"/> Suicide attempt | <input type="checkbox"/> Not loving yourself |
| <input type="checkbox"/> Intellect has all the answers | <input type="checkbox"/> Pain/suffering |
| <input type="checkbox"/> Parents/Family you got | <input type="checkbox"/> Deaths/illness |
| <input type="checkbox"/> Disappointed in life | <input type="checkbox"/> Condescending |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Identify a person who has hurt you or abused you (victimiser) or someone you have unresolved feelings toward. This can be a family member, current or past lover/spouse, sibling, friend, parent, child, colleague, boss, etc.

The name of this person: _____

How long have you been holding this grudge? _____ yrs _____ months

Forgiving Another Person

Sit comfortably, holding a small cushion to represent the baby who grew up to be the person.

Speaking to yourself, or quietly out loud, tell the baby that even though you might not know what its childhood was like, you now understand that it did what it did to you when it grew up because of the compulsive patterns that it learned as a child. Acknowledge that you're ready now to move on in life, to let go of past hurts and blame, and to live in the present.

(Pause)

Without condoning what the person did, making their actions OK, forgive the baby for what it did to you when it grew up, because you know that it knew no better. Understand and forgive it. Tell the baby that you don't blame it anymore, and that you no longer feel vindictive towards it or to the adult self it now is.

(Pause)

Now imagine the baby growing up through its various stages of life to adulthood, and look into their adult face. Know that this adult person is only an extension of the baby, who learned to do all the negative things she or he did out of a desperate effort to get attention in the only way she or he knew how. This is how compulsive Negative Love, and its patterns, are.

(Pause)

As you look at the adult person, say whatever else you need to say. Give the person your forgiveness and your compassion, because you now know that he or she knew no better.

(Pause)

And also ask the person to forgive you for all your active, and passive, vindictiveness toward him or her - all the ways in which you've tried to get even - and receive forgiveness from them.

(Pause)

Feel yourself filled with acceptance, forgiveness and compassion.

(Pause)

Feel yourself connected to your Spiritual Self and the Light. Breathe it in.

(Pause)

When you're ready, put the cushion down and open your eyes.

Forgiving Yourself

Sit comfortably holding a small cushion to represent you as a baby.

Notice that your baby is full of life and how positive it is. Hold it close and speak out, to yourself or quietly out loud, your love and compassion for it. Realise, again, that this baby behaved in the only way it knew, taking on negative love and patterns. Forgive it, knowing that it did the very best it could. Be tender and give it your love.

(Pause)

Continue speaking to your baby. Ask it to forgive you for your criticism and judgments, for rejecting it and hating it, for blaming it, and for trying to destroy it.

(Pause)

Forgive yourself for all the mistakes you've made in your life, speaking them to yourself or quietly out loud. Be specific. I forgive you for ... *(this)* ... and I forgive you for ... *(that)*. ...

Say all the things you've done or haven't done in your life that you've punished yourself for.

(Pause)

As you speak, make peace with your baby who grew up to be who you are today. Give yourself forgiveness and compassion.

(Pause)

Tell yourself that you'll no longer be self-Vindictive, you'll no longer set yourself up to be rejected or abandoned, and you'll stop blaming. Say whatever else you need to say.

(Pause)

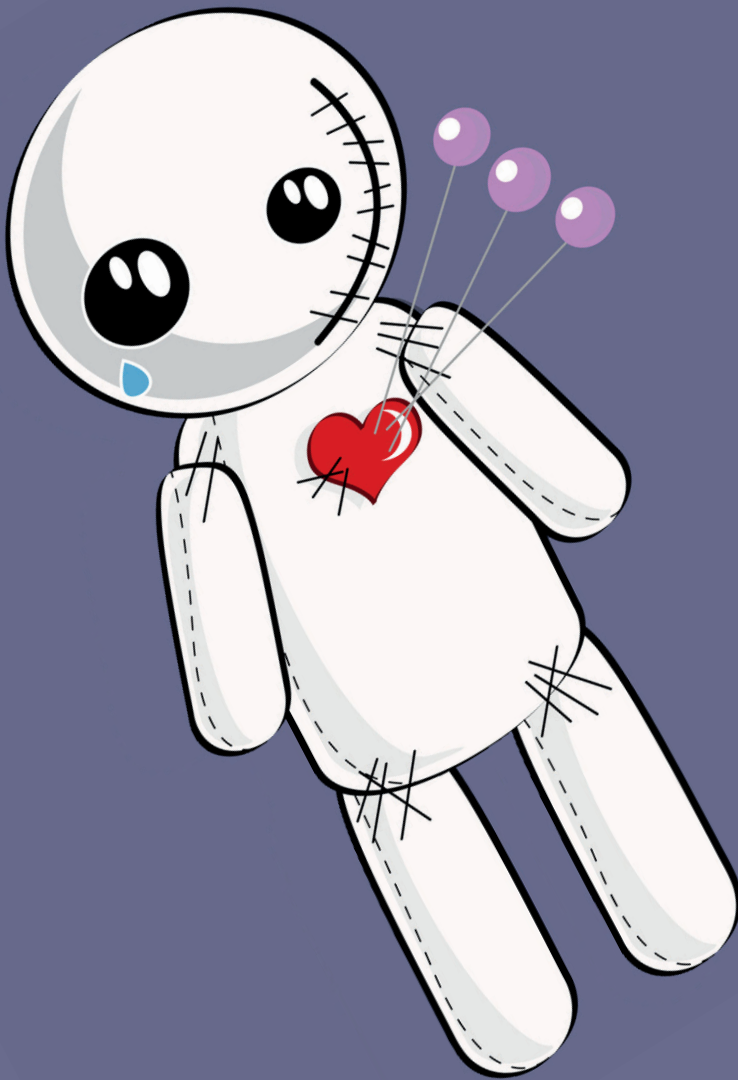
If you've ever wished you were dead, remind yourself that you, your Spiritual Self, is of the Light, eternal and indestructible. You deserve to be here, you do belong.

(Pause)

Feel yourself connected to your Spiritual Self and the Light. Breathe it in.

(Pause)

When you're ready, put the cushion down and open your eyes.



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 Jeremy for hosting this webinar.

You can now book one-to-one Hoffman coaching with Jeremy (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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