



The Cycle of Transformation: Four Steps to Change

The work you did at the Process helped you free yourself from the patterns you adopted, your compulsive ways of being, your behaviors, beliefs, roles, and compulsive feeling states that you learned in your childhood. You have experienced freedom and deepened the connection to who you really are – your Spiritual Self.

Patterns will continue to come up in the future. Regardless of how hard you worked in the Process, it is impossible to identify them all. When patterns come up it does not mean that the Process did not work for you. It just means that you have discovered more about what drives you and limits you.

Patterns may surface when you begin a new relationship, become a parent, get married, or when you're trying something new. As new patterns come up you might feel discouraged. Remember you are not these patterns. **Resist any Dark Side messages** that tell you, "You blew it. You didn't do the Process right." Instead, practice mindful empathy, de-energize the pattern in the moment, and then set up a time to go through the Cycle of Transformation.

To transform patterns as they come up, these are the four steps in the **Cycle of Transformation** that you return to again and again:

- Step 1: Awareness
- Step 2: Expression
- Step 3: Compassion & Forgiveness
- Step 4: New Ways of Being

As you have experienced, doing this work creates the space for you to live with authenticity, love, forgiveness, connection, and freedom. Your Spirit is now at the forefront of your being. You can choose how you respond to life – taking with you all the gifts of your learned ways of being.

Step 1: Awareness – Name and Trace the Pattern

Awareness puts you on the journey to transformation. In order to change – to become more authentic, alive, and present – you need to know what’s in the way: patterns. You become aware that a way of being is a pattern, name it as such, and look at where you learned it through pattern tracing. You are striving for an awareness that is both honest and self-compassionate. When you become aware that something is a pattern, explore where you experienced it in your childhood (which parent exhibited it) and the negative price of this pattern in your life today. As you become aware, you know you are on the way to breaking free from it. Awareness helps you know when you are “off course,” and you can course correct from the Left Road back onto the Right Road.

The following tools support you in becoming aware of patterns:

- Past-to-Present Pattern Exploration Worksheet
- Present-to-Past Pattern Exploration Worksheet
- Transference Worksheet
- Map a Vicious Cycle
- Elevator – Used to identify patterns in a specific area of your life

You can learn this new tool by attending the Elevator teleclass, or downloading the audio introduction and recording from our website.

Step 2: Expression – Disconnect from Pattern by Expression

Expression is the next step. To let go of your patterns, you must exercise your free will; choose to step out of the pattern, and take action using your **Voice, Body, and Intention**. You use your **Voice** to say “No” to the pattern and “Yes” to what you are moving toward. You use your **Body** to express – stomping, tearing paper, shaking, dancing, bashing, even something as subtle as squishing a pattern with your foot. All the while, your **Intention** is to free yourself of the pattern(s) you are working with, and get back in touch with your aliveness and authenticity. “NO! I don’t want this in my life. I’m drawing the line here. I’m choosing aliveness.” Your expression is not necessarily about anger – it’s about “claiming” your life. It’s about taking a stand. Sometimes that includes anger, but it can also be about joy, love, commitment, and empowerment.

Different forms of expression include:

- Expressive Writing
- Bashing
- Dark Side Stomp

Step 3: Compassion & Forgiveness – For Self & Others

Compassion and Forgiveness lands you in your heart. In order to truly move beyond the pattern, you must forgive and let go. When it comes to patterns, this means forgiving your parents and forgiving yourself. In your life, it often means taking on a practice of self-love and compassion, and holding others with compassion and curiosity. It means remembering that all of us have hurts – all of us have suffered – and being curious about what might have happened in other people’s childhoods to cause the patterns they live with today.

The following tools support you in compassion and forgiveness:

- Dialogue Writing
- Compassion Experience
- Self-Forgiveness/Self-Love Walk

Step 4: New Ways of Being – Embodying New Ways of Being Through Recycling

New Ways of Being – For change to take root, you must start practicing new ways of being. Recycling is a primary way to access and move toward new behavior. Recycling gives you direct access to your authenticity, allows you to “do over” the mistakes you have made, and connects you deeply to your Spiritual Self. You get to imagine yourself feeling, behaving and living with wisdom, courage and connection, in all the places you used to be in patterns. You lay the tracks for your future travels, which makes new behavior simple and smooth. New behavior also includes all the new, positive ways of being that you are taking on – play, laughter, sharing, moving, connection to self and others, confidence, courageous vulnerability – all the ways you get out of your comfort zone and embrace your aliveness and authenticity.

The following tool supports new ways of being:

- Recycle

The Recycling tool is available as a guided visualization on the Hoffman App, or you can download from our website at: hoffmaninstitute.org/tools