

## **WHAT LEADS PEOPLE TO TAKE THE HOFFMAN PROCESS:**

- I find myself saying and doing hurtful things that I later regret, especially with the people I love and respect.
- I'm anxious and/or fearful about the future and feel that I don't fully live in the present.
- I often feel angry, resentful, or sad; even about things that have happened to me in the past.
- I feel my life is out of balance. I work too much, often to the detriment of other aspects of my life.
- I have essentially achieved what I thought I wanted and yet I feel a certain emptiness inside.
- The meaning is going out of my work and I'm unclear about my future career direction. I feel stuck and/or limited.
- Events in my life have brought on big changes and I want to go through this transition skillfully and successfully.
- I want less self-defeating chatter in my mind. I want more inner peace.
- I experience too much stress and not enough real joy and fun in my life.
- I've been unable to create and/or sustain the quality relationships I desire.
- I often feel that I'm going through the motions, not fully committed and connected to my own life.
- I'm at times either unemotional and disconnected from my feelings or overemotional, and my emotions rule my life.
- I find myself taking on other people's problems and feelings to the detriment of my own life.
- I am spiritually challenged and/or spiritually bankrupt.
- I increasingly find myself using substances and/or behaviors to distract myself from unwanted feelings or to feel "more alive."

**If one or more of these statements apply to you, we recommend that you consider taking the Hoffman Process.**

**TO VIEW PROCESS DATES, PLEASE VISIT**

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