

## You Spot It, You Got It

When you remember that **you are not your patterns**, remember who you really are, your essence, your spiritual self, it allows you to take responsibility for the patterns and the ways of being you have tried to disown or transfer onto others. **Taking responsibility for yourself is the ultimate freedom.** Often, we avoid it because the word “responsibility” can sound like a burden. Or we associate it often with punishment or blame. We equate “my responsibility” = “my fault”

But in fact, **My Life is My Responsibility** is the ultimate ticket to the Right Road – to being able to live a life of emotional maturity, a life of freedom and choice. This does not mean life won’t happen or that our relationships will be perfect. Bad things happen, death happens, loss and change happen. Life stressors challenge relationship. Conflict is a normal part of relationship.

But being able to take responsibility for yourself, for your reactions to life, for the way you show up for your life, is the difference between being a victim and being fully alive. We can envision how we want to be in relationship. We can identify our triggers and the transferences we fall into. We can own our projections. We can recycle the patterns that snarl us up. As Gandhi says, “Be the change you want to see”.

## Transference Tool

You’ll recall the transference model you used in the Process is a very powerful tool both for gathering information, and for healing. Continue using the transference tool any time you find yourself triggered by someone. If you don’t already, have a few printed copies of the transference worksheet on hand or use the Hoffman app (short or long versions). Ultimately, transference is a tool of awareness for you to understand yourself, and for you to move out of old reactivity. Use it with care and compassion, for yourself and others.

If you’re interested in learning a “clean” way to express to other’s what you’re feeling, without putting blame on them, consider exploring the **nonviolent communication model**. Here’s a brief introductory video: <https://www.youtube.com/watch?v=DgaeHeIL39Y>

*“What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart.”*

~Marshall B. Rosenberg

## Negative Transference

I had a negative reaction to you, \_\_\_\_\_,  
*Name*

Day/time and location \_\_\_\_\_  
\_\_\_\_\_  
*when and where only*

I experienced you as \_\_\_\_\_  
*my perceptions, judgments, and quotations*

\_\_\_\_\_  
\_\_\_\_\_  
like my \_\_\_\_\_  
*mother/father/surrogate*

The patterns I went into were \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

which I learned from my \_\_\_\_\_  
*mother/father/surrogate*

☐ I am free of transference

☐ I am still in transference