

the
Negative Love
Syndrome
and the
Quadrinity
Model

A Path to
Personal Freedom
and Love

by Bob Hoffman



HOFFMAN
CENTRE

The Hoffman Centre Australia

Tel: + 61 3 9826 2133

Freecall: 1800 674 312

Fax: + 61 3 9826 2144

Email: australia@hoffmanprocess.com.au

Web: www.hoffmanprocess.com.au

INTRODUCTION

In the depths of their being, every human carries the understanding that Love is the essence of a fulfilling life. This message appears consistently in all the world's religious traditions. Yet, in the course of my life experience, I asked myself, why is there so much discord and negativity in human relations? There had to be something missing in our ordinary understanding about love and emotions, including the actions and relationships that grew out of this misunderstanding. Feelings of love and affection have enormous power in every aspect of our lives, affecting and coloring our apparently rational behaviors, at times spinning them out of control. My work led me to uncover a very basic misunderstanding of emotional love, and in the discovery, I also found a path to recovering our innate ability to love, and becoming fully integrated adults.

For many years, I worked by myself as a spiritual intuitive, with a small number of people who came to me for healing. Through contact with psychotherapists, I learned that, while an enormous amount of work had been done on the effects of parental conditioning, very little had been done to understand the motivation of children in emulating the negative behaviors of their parents. I had an intuition that this was what lay at the root of the unhappiness of those who sought me out. A more complete understanding came to me in 1967, whereupon I formulated the models and concepts that are the foundation of the Quadrinity Process.

These, then, represent my particular insights into the workings of the human mind, which might seem familiar as I describe them. I coined the word *Quadrinity* to represent our integrated wholeness when all four aspects of a human being: the emotional, intellectual, physical and spiritual components are in harmonious balance. The unique capacities and functions of each aspect can be considered separately, but it is the balance of all aspects working together harmoniously that fulfills us as human beings.

It has been my experience that most people, certainly those of us exposed to Western culture, give primary authority to the intellect - both our own and the intellects of the authorities selected by our history, religions, or scientific world view. The great physicist Albert Einstein once said: "We should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality. It cannot lead; it can only serve."(Lewis, 32)

While we recognize that we have a physical body, and many acknowledge that we are spiritual beings, we generally downplay or even disregard any positive role for our adult emotional aspect of self. Even with all our training and education, we still tend to either neglect our emotions or cope with them by abusing substances or behaving inappropriately. Most often as adults we merely tolerate the infantile and pitiable existence of our emotions. This predicament is the basis of what I've identified as the "Negative Love Syndrome".

I saw that people really began to understand themselves in a new way once they recognized how the Negative Love Syndrome was active in their lives, along with its causes, feelings, attitudes, and behaviors that are, for the most part, just beneath our conscious, day-to-day experience. I therefore invite you to relate to the ideas presented here in a personal way, as the child of your own parents. As you are introduced to the following information and do the exercises I've included, allow yourself to experience the emotions that arise as fully as you can. This will be the beginning of understanding, in an *experiential way*, of your own emotional and spiritual truth.

Although we will be investigating the source of your negative emotional programming, this essay is not an indictment of your parents or you. What follows here may trigger and evoke early memories, including some you may have forgotten. It is intended to give you a taste of the personal freedom that is possible. At the very least, I hope that you find a deeper understanding of your self and your parents. You may even discover something astonishing about yourself by the time you read through to the end.

THE QUADRINITY IS A MODEL FOR INTEGRAL BEING

The Quadrinity is a framework for understanding human behavior and development. All four aspects of the self, Spiritual Self, Physical Body, Emotional Self and Intellect are interrelated. Their interaction produces integration and inner harmony.

For thousands of years, human beings have attempted to understand and come to terms with the mystery of life and of creation itself. One enduring notion maintains that the “source” of everything is a nonphysical, intelligent, loving spirit, or being and that we are connected to that spirit. Aldous Huxley called this the “Perennial Philosophy.” Though the exact manner in which people have viewed this higher intelligence varies from age to age and culture to culture, the knowledge of its existence persists, even with the ascendancy of science and technology.

Ken Wilber described “perennial philosophy” in the following way: “Reality, according to the perennial philosophy, is not one-dimensional; it is not a flatland of uniform substance stretching monotonously before the eye. Rather, reality is composed of several different but continuous dimensions. Manifest reality... consists of different grades or levels.... At one end of this con-tinuum of being or spectrum of consciousness is what we in the West would call ‘matter’... and at the other end is ‘spirit’ or ‘godhead’ or the ‘superconscious.’” (Wilbur, 39)

Human beings have always searched for ways to connect and have communion with this pres-ence. They have used many names to describe this experience. Some call it God; some call it the “ever present Subject.” Many also describe experience with it as ecstasy, joy, clarity, bliss, inner peace, wholeness, and love. Even a moment of such an experience can be life transforming. Here is what Ralph Waldo Emerson said: “Our faith comes in moments; our vice is habitual. Yet there is a depth in those moments which constrains us to ascribe more reality to them than to all other experiences... I am constrained every moment to acknowledge a higher origin than the will I call mine.” (The Over-Soul)

The experience is often reported as being in a powerful brilliant, though not blinding, pure light. Fear of death is often obliterated. Much has been written about those who, near death, recall emerging from darkness into a magnificent, loving light, with peace and love awaiting them. Those who have such an experience describe it as though they were in the presence of "God." They also report mental images in which a symbolic, prophet-like figure takes on the role of friend, protector, mentor, spiritual guide, or teacher. Mental communication may occur with this being, bestowing comfort, wisdom, and knowledge.

People have searched for ways to connect and have communion with this presence. Some have succeeded through various forms of spiritual practice. In 1976, I came to understand that because we are of this Light, we should be able to communicate and make contact with it directly and at will, without intermediaries. To facilitate this, I developed the "Light Journey Visualization," through which anyone can enter the Light of peace and compassion. This experience has proven to be deeply moving. If desired, virtually anyone can experience being in the Light, and their Spiritual Self as being of the Light.

In the Light we know that our essence is perfect and that we are not negative, despite the negative programming that shows up in our day-to-day existence. The experience of being in the Light brings our Spiritual Selves to the forefront. Then our physical body, including our brain, can become its ally to help bring peace to the other two aspects of our mind, our troubled emotional aspect and miseducated intellect. This allows us to transcend our negative patterns and opens the door to integration, a more positive, peaceful, and productive way of being. We come to experience ourselves as innately loving and learn to free ourselves from Negative Love. 'Whereas love is a disposition to give, born of abundance, "negative love" is wanting to receive, rooted in deficiency ...'(Naranjo 5)

Visualizations can give us access to the underlying truths of our Quadrinity. Ordinarily, we are as unaware of the Light as we are unaware of

the sources of our negative emotions. In the Quadrinity Process, we use guided visualizations (guided imagination) to make conscious contact with our unconscious mental processes (and activities) to gain access to our true feelings, either directly, or symbolically, or both. When we gain access to our unconscious, we discover both our non-conditioned self and our conditioned self. As we begin to experience our Spiritual Self, (in our spiritual dimension), we recognize our fundamental goodness and begin the journey toward Integral Being.

FOUR ASPECTS OF SELF: THE QUADRINITY

To help understand the great complexity of the self, its development and the problems resulting from the adoption of Negative Love, I use three distinct combinations of aspects of the self: the Duality, the Trinity, and the Quadrinity.

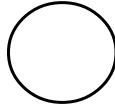
The Duality consists of the two negatively programmed mental aspects of self: the emotional self and the intellectual self are combined as one entity, yet they can also be visualized separately.

I refer to the three aspects of our minds as the Trinity: the emotional self, the intellectual self, and the spiritual self. They can be visualized as one entity although each aspect can be visualized separately.



The Quadrinity is a framework, a model for understanding ourselves and our behavior that includes all four aspects of self: body, emotions, intellect and spiritual self. The Quadrinity is our whole, integrated, balanced Self, embodying all four aspects. These four aspects are interrelated and form a complex interactive system.

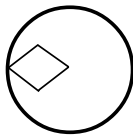
PHYSICAL SELF



The body, which includes the brain, is the physical dwelling place for the mental aspects of the self. Through the body we act out and manifest the thoughts of the Intellect, the feelings of the Emotional Self and the essence of the Spiritual Self. The following are qualities of the **PHYSICAL SELF**:

- Interconnected with the mind through neurological and biochemical feedback
- Carrier of genetic information
- Repository for the memories of all experiences, including thoughts and feelings
- Manifests physical symptoms of unresolved conflicts of the **MIND** (e.g. pains of stress)
- Exhibits the behavioral expressions of the **MIND** (e.g. Frowns, laughs, sexual arousal)
- Acts out emotional and intellectual programs, (behaviors) both positive and negative, and can ex-press the **SPIRITUAL SELF**.
- Composed of the elements of the physical universe and subject to its physical laws and conditions.

EMOTIONAL SELF



The **EMOTIONAL SELF** contains feelings expressed through the physical body. It is where Negative Love patters first show up developmentally and, along with the Intellect, where these patterns reside. The **Negative Emotional Self**

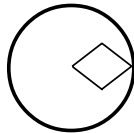
is defined as “childish”. It has no sense of time or space. It regresses readily.

+ (positive characteristics)

- Curiosity
- Playful
- Joyful
- Sense of Humor
- Creativity
- Spontaneity
- Being adventurous
- Appreciation of self/others
- Grief

- (negative patterns)

- Rebellion
- Withdrawn/Stubborn
- Shame/guilt
- Anger/anxiety
- Defensiveness
- Rigid
- Fearful/Cautious
- Unlovable/unworthy
- Sad/depressed



INTELLECTUAL SELF

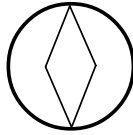
The INTELLECTUAL SELF, our logical and problem solving thought-processor includes what and how we think, our world-views, values, and beliefs. Along with the Emotional Self, the Intellect is where negative love patterns reside. Should's, shouldn'ts, do's, don'ts, can'ts, etc., reside in the Intellect and can be either positive or negative. They are negative when they are compulsive. The following are some qualities of the Intellect:

+ (positive)

- Rational
- Understanding
- Knowledgeable
- Creative
- Logical/Synthesizes
- Analyzes
- Evaluates

- (negative)

- Critical
- Rationalize
- Judgmental
- Defensive
- Argumentative/deceptive
- Justifies
- Admonishes



SPIRITUAL SELF

The SPIRITUAL SELF is the pure non-programmed, non-mediated aspect of self that is positive, pure, open presence, yearning to embody our larger, true nature in this world. Our SPIRITUAL SELF is resonating in harmony with the Universe.

- Intuitive, responsive and unconditioned, connected
- Wise, ever unfolding and growing, moving towards wholeness
- Intentional, courageous
- All-loving, compassionate, and forgiving
- Peaceful, grounded and centered
- Aspires to goodness, truth and justice
- Mediator, Integrator
- Integrity, completely ethical (knows right from wrong)

Negative Love

Negative Love is intergenerational pain that is passed down from one generation to the next. Everyone is guilty and no one is to blame.

We all have negative moods, attitudes and behaviors that emanate from a very deep emotional level, to reflect our feeling of being unlovable. Every day, in all areas of our lives, we act out our negative emotional needs, preconceptions and attitudes. Unconsciously and automatically, we act out our emotional childhood programming over and over again. The pain and conflict caused by these negative attitudes, feelings, and behaviors have resulted in personal suffering and social injustices, affecting each of us every day both personally and collectively.

Among mammals, humans require the longest period of care and nurture from adults. In fact, we cannot survive our first several years without continuing physical and emotional parental care. Our very lives depend upon the care

and nurture we receive from our parents, emotionally as well as physically. Children need to feel that they will not be abandoned and that they are loved and valued by their parents or parental figures.

As newborn babies, love and affection were as vital to us as food and shelter. In order to thrive, we needed a continuous flow of unconditional love from mother and father. We are born with needs that must be satisfied by our parental relationships. The British psychoanalyst John Bowlby, in the 1950's, developed what he called "attachment theory" which is discussed in the remarkable book *A General Theory of Love*. The authors, Lewis, Amini, and Lannon explain:

"Bowlby theorized that human infants are born with a brain system that promotes safety by establishing an instinctive behavioral bond with their mothers. That bond produces distress when a mother is absent, as well as the drive for the two to seek each other out when the child is frightened or in pain." (p. 70)

The authors then say:

"Mothers shape their children in long-lasting and measurable ways, bestowing upon them some of the emotional attributes they will possess and rely on, to their benefit or detriment, for the rest of their lives." (p. 75)

In every situation that we as children experienced our parent's love being cut off, e.g., divorce, abandonment, death, imprisonment, or their love becoming conditional, the parental bond was broken for us. We felt unlovable, as if a part of us suffocated and died. The basic cause of our inability to relate to ourselves and others with love is this very state of feeling unlovable which I call Negative Love.

To understand our negative programming, we have to see the world through the eyes of a child, the child we once were before we had any choice or options, before we had a mediating intellect. John Bradshaw explains why it is that babies need unconditional love in the following way:

“Children are ... egocentric. This doesn't mean they are selfish in the usual meaning of the word. They are not morally selfish. They are not even capable of moral thinking until about seven or eight (the so-called age of reason). Even at that age their thinking still has definite egocentric elements in it. ...

“Egocentric thinking means that a child will take everything personally..... The impact of not having one's parents' time creates the feeling of being worthless. The child is worth less than his parents' time, attention or direction. The young child's egocentricity always interprets events egocentrically. If Mom and Dad are not present, it's because of me. There must be something wrong with me or they would want to be with me.

“Children are egocentric because they have not had time to develop ego boundaries. An ego boundary is an internal strength by which a person guards her inner space. Without boundaries, a person has no protection. A strong boundary is like a door with the doorknob on the inside. A weak ego boundary is like a door with a doorknob on the outside. A child's ego is like a house without any doors.

“Children are egocentric by nature (not by choice). Their egocentricity is like a temporary door and doorknob, in use until strong (healthy) boundaries can be built. Strong boundaries result from the identification with parents who themselves have strong boundaries and who teach their children by modeling. Children have no experience; they need their parents' experience. By identifying with their parent, they have someone whom they can depend on out-side themselves. As they internalize their parent, they form a dependable guide inside them-selves. If the parent is not dependable, they will not develop this inner resource.

“Children need mirroring and echoing. These come from their primary caretaker's eyes. Mirroring means that someone is there for them and reflects who they really are at any given moment of time. In the first three years of our life each of us needed to be admired and taken seriously. We needed to be accepted for the very one we are.” (Bradshaw, 43)

As children we looked to have our love needs met exclusively within the family. If our parent's behaviors in any way communicated threats to our well being, if they expressed anger, impatience, contempt, indifference, neglect, or if they abused us in any way, we felt that there was something wrong with us. As children we assumed that we were at fault, not them. Little by little we came to experience the world as a dangerous or even hostile place.

Parental abandonment or rejection literally raises the specter of death for the helpless dependent child. As children, we emotionally emulated (i.e. adopted and internalized) our parents negativities in order to guarantee the continuing protection against abandonment or rejection of our parents. Children cannot recognize or acknowledge the inadequacies and faults of their parents because that recognition would evoke unbearable anxiety.

The well known psychiatrist Karen Horney identified these feeling of childhood insecurity as "basic anxiety." She observed:

"A wide range of adverse factors in the [child's] environment can produce this insecurity in a child: direct or indirect domination, intolerance, erratic behavior, lack of respect for the child's needs, lack of guidance, disparaging attitudes, too much admiration, or the absence of it, lack of reliable warmth, having to take sides in parental disagreements, too much or too little responsibility, over protection, isolation from other children, injustice, discrimination, unkept promises, hostile atmosphere etc...." (Horney, 41)

Along with the feeling of insecurity is the sense many parents have that mistreatment is "good" for children. Alice Miller, in *For Your Own Good*, has observed:

"... we were not even allowed to be aware that all this was happening to us, for any mistreatment was held up to us as being necessary for our own good. Even the most clever child cannot see through such a lie if it comes from his beloved parents who after all show him other sides as well. He has to believe that the way he is being treated is truly right and good for him and he will not hold it against his parents." (Miller, 247-248)

Our early experience with our parents has a profound effect on our lives, shaping our self-image, attitudes, moods and behavior. We developed our survival strategies and life orientations as a result of our conditioning. Not only are we unable to recognize or acknowledge the faults or abuse of our parents, we imitate their faults and inadequacies (attitudes, moods, and behaviors) in order to be accepted by them.

More than merely role models, parents are everything to little children, looming so large as to be godlike. As children, we identified with our parents absolutely. But parents are only humans, with negative behavioral patterns as well as positive ones. How often have you thought or said, "I sound just like my father." "My goodness, I'm becoming just like my mother." "My God, why am I doing this? My Mother (and/or Father) used to do that. I hated it when she did it, and now I'm doing it."

Of course, we are not our parents, but what then drives the powerful unconscious compulsion to be like them? **The primitive but innocent attempt to end the sense of separation from them that we experienced as children when they were being negative.** This occurred unconsciously. Knowing no better, we spontaneously adopted their patterns as our own, to earn their love.

THE NEGATIVE LOVE SYNDROME IS THE ADOPTION OF THE NEGATIVE BEHAVIORS, MOODS, ATTITUDES AND ADMONITIONS (OVERT AND SILENT) OF OUR PARENTS TO SECURE THEIR LOVE. IT INCLUDES THE SUBSEQUENT COMPULSIVE ACTING OUT OR REBELLION AGAINST THOSE NEGATIVE TRAITS THROUGHOUT OUR ADULT LIVES.

In childhood we emulated, adopted, and internalized (introjected) our parents' negative behaviors, moods, and attitudes to be like them so they would accept and love us. In an essay about the Quadrinity Process, psychiatrist and noted author Claudio Naranjo wrote:

"Hoffman's idea that the child adopts parental traits in order to be loved.... [both] acknowledges the love need as the basic source of

identification, [and] implies an assumption in the child's mind that by being like his parents, he would obtain the love that he is not experiencing by merely being himself." (Naranjo 7)

Later, in our adult lives we continue to compulsively act out negative patterns from our childhood in an ongoing attempt to be loved. Even though we know that there are alternatives to our negativities, and even though we recognize on some level that these behaviors cannot bring us happiness, we continue to act them out. Negative love patterns, though unconsciously motivated by our deep need for love, produce alienation and/or rejection. Then, when our negative behaviors don't produce the love we want and need, we blame others and become vindictive. In effect, we want revenge for not being loved and accepted and, thus, we become even more hurtful towards ourselves and others. This leads to remorse, guilt, and shame which reinforce the belief that we are essentially flawed. In due time, our own children adopt our patterns in order to secure our love, and the Negative Love Syndrome passes on to the next generation.

In living out these adopted negativities, we obscure our innate and true loving essence, just as our parents did. For transformation to take place, we must first become aware of the negative aspects of our lives. Only then does a way out become possible. The key is in the awareness that we adopted our parents negative traits. Anything adopted can also be released. The Hoffman Quadrinity Process teaches us how to release and resolve the persistent negative feelings of being unloved and unlovable. The way out is a daunting task: we must somehow transcend our parent's negative traits without feeling inner conflict. To achieve this we must have the courage for honest self-examination and accept that challenge wholeheartedly. We will return to the transcendence of the Negative Love Syndrome after we have further considered the mechanisms by which we adopted the Negative Love patterns.

ADOPTION OF, AND REBELLION AGAINST, NEGATIVE LOVE PATTERNS

The adoption of Mother's and Father's patterns of feeling and behaving begins preverbally in Mother's womb and accelerated after birth. The negative programming continues until puberty by which time we've adopted - or rebelled against - virtually all of our parents' and surrogate parents' behaviors, moods and attitudes. We then carry them into adulthood as our own.

There are two basic ways we take on negative patterns, behaviors, moods and admonitions:

1. Adoption.

We unconsciously adopt our parents' traits and mirror them back to be like them so they will love us. For example, when adopting the negative trait of being "critical", one becomes self-critical, critical of others, and/or sets it up for others to be critical of him/her. (If it is a trait of both Mother and Father, it is doubly devastating.)

2. Adoption + Rebellion = Conflict. Adoption of the trait plus Rebellion against it creates a push-pull inner conflict.

We unconsciously adopt our parent's negative trait, but we dislike the trait and its consequences. We then suppress overt expressing of that trait and our feelings about it. We learn to act out an alternative behavior. This provides the illusion of freedom and self-development.

To continue our example, if we adopted the trait of being critical but at some point lost the taste for the attitudes and behaviors that come into our lives as critical people, we then attempt to be non-judgmental and accepting. Acting out the alternative, however, does not quiet the negative voice within us. We are pulled in two opposing directions. I refer to this as a push-pull conflict. Perhaps on one occasion, we act out the adopted behavior, the next time the alternative behavior. This seesawing creates even greater anxiety

and conflict. Bear in mind that in order to be loyal to each parent, we must play both roles, adopting each of their traits. For example, suppose your Mother was quiet and placating. She never expresses anger. Father, on the other hand, was hostile and aggressive. Outwardly, you may behave like your mother, but the suppression of Daddy's hostility is like a latent volcano rumbling inside, waiting for the appropriate moment to erupt. Moreover you may be like Mother, incompetent at dealing with anger but having angry people around you.

Adoption and conflict are clearly demonstrated in extreme examples. It is well documented that adult child abusers were themselves abused children. In their agony they may vow, "When I grow up and have children, I'll never hit them and be mean to them like my Mommy and Daddy are to me." When they become adults and have children, however, they are often unable to live up to these intentions and end up lashing out and abusing their offspring.

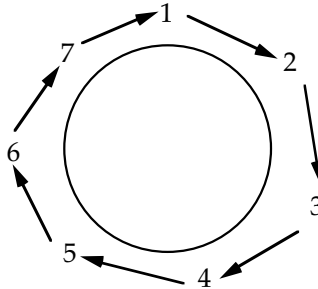
While they are abusing their child, their own emotional child is crying out subliminally to their Mommy and Daddy, "See, Mommy or Daddy, I'm hurting and beating my child just like you hurt me. I'm just like you. Now will you love me?" (And if they do manage to control their tendency to abuse their own children, the compulsive emotional drive behind this programming is channeled into other forms of behavior that is hurtful to self or others.)

THE VICIOUS CYCLE OF ADOPTING NEGATIVE PATTERNS

To illustrate the stages of adopting Negative Love traits, let's use the patterns of "uncaring/unloving/non-supportive" and trace the self-defeating circular logic of the programming. Imagine a childhood situation where your mother and/or father did not display affection and love either to each other, or to you, or both. You learned and adopted this behavior. The following page illustrates the vicious cycle.

Reacting unconsciously, you choose either:

1. Adoption: "Mommy, Daddy, I'm just like you, unloving, and unlovable. Now will you love me?"



2. Vindictiveness: "I don't care what happens to me as long as I get even with you."

3. Shame: "Oh no! Now I've done it. You'll never love me. I feel guilt and shame for being so mean. I'm truly bad and unworthy."

4. Self-sabotage and self-punishment: "I'll make sure that no one loves me, to prove to you that I'm unlovable, just as you taught me."

5. "To maintain my unlovable condition, I will adopt all your negative traits, Mommy and Daddy, and use them to fight and reject my own positive essence. Then I'll be just like you." (Self-sabotage and self-punishment)

6. "Now will you love me? I am just like you." This vindictively mirrors the pattern back to them. The end resulting in more self-punishment.

7. Then, it's back to step one again, and again.

This is a vicious cycle. We adopt negative traits to get love, but the result of adopting negative traits is that we feel unlovable and can't give or receive love. The more we try to be loved, the more unlovable we become. Negative Love compels us to sabotage ourselves continually by forcing us to reject others or to be rejected by them.

In *The Prince of Tides*, Pat Conroy describes the full spectrum of Negative Love. Can you trace the patterns adopted by this character?

I had lost nearly thirty-seven years to the image I carried of myself. I had ambushed myself by believing, to the letter, my parents' definition of me.... My parents had succeeded in making me a stranger to myself. They had turned me into the exact image of what they needed at the time, and because there was something essentially complaisant and orthodox in my nature, I allowed them to knead and shape me into the smooth lineaments of their nonpareil child. I adhered to the measurements of their own vision... They succeeded not only in making me normal but also in making me dull. But their most iniquitous gift they did not even know they were bestowing. I longed for their approval, their applause, their pure uncomplicated love for me, and I looked for it for years after I realized they were not even capable of letting me have it. To love one's children is to love oneself, and this was a state of supererogatory grace denied my parents by birth and circumstance. I needed to reconnect to something I had lost. Somewhere I had lost touch with the kind of man I had the potential of being. I needed to effect a reconciliation with that unborn man and try to coax him gently toward his maturity.

... I had married a fine and comely girl, and with brilliance and craft and all the instincts of self-preservation jettisoned, I succeeded over the years, through neglect, coldness, and be-trayal, in turning her into the exact image of my mother... I was not comfortable with any-one who was not disapproving of me. No matter how ardently I strove to attain their impossibly high standards for me, I could never do anything entirely right and so I grew accustomed to that climate of inevitable failure. I hated my mother, so I got back at her by giving my wife her role.... Like my mother, my wife had come to feel slightly ashamed and disappointed in me. The configuration and tenor of my weakness would define the fury of their resurrection; my failure would frame their strength, blossoming, and deliverance.

Though I hated my father, I expressed that hatred eloquently by imitating his life, by becoming more and more ineffectual daily, by ratifying all the

cheerless prophecies my mother made for both my father and me. I thought I had succeeded in not becoming a violent man, but even that belief collapsed; My violence was subterranean, unbeheld. It was my silence, my long withdrawals, that I had turned into dangerous things. My viciousness manifested itself in the terrible winter of blue eyes, My wounded stare could bring an ice age into the sunniest, balmiest afternoon. I was about to be thirty-seven years old, and with some aptitude and a little natural ability, I had figured out how to live a perfectly meaningless life, but one that could imperceptibly and inevitably destroy the lives of those around me.

NEGATIVE LOVE CAN BE TRANSCENDED

OUR COMPULSIVE BEHAVIORS SET US UP TO BE REJECTED AND UNLOVED BY THOSE WHOSE ACCEPTANCE AND LOVE WE MOST DESIRE. IF WE WIN, WE LOSE. THIS IS THE INEVITABLE RESULT OF THE NEGATIVE LOVE SYNDROME.

Negative Love has a stranglehold on us. It cuts off our ability to love freely. As adults, we pay dearly for our negative identification with our parents. In effect, we sell our souls. For example, in our relationships we unconsciously try to recapture Mommy or Daddy's love, choosing partners who manifest traits like Mommy or Daddy, or both. Projecting our parents unconsciously and automatically onto our lovers, authority figures, bosses, friends, colleagues, or teachers is known as "transference." This recreates our early family system and projects the horror of the Negative Love Syndrome into the present time. The result is resistance, conflict, giving and receiving rejection, heart-break, and loss.

As adults we act like frightened eight-year-olds, who would do almost anything to avoid pain, yet we resist help. As adults we do not have to withdraw or to pretend the pain does not exist, but Negative Love causes us to believe that we cannot deal with difficult tasks. We spend our lives avoiding the causes of the problems in our lives, afraid that facing our pain will hurt

too much and hoping that it will somehow just disappear. By modeling that they were incapable of dealing with suffering, however, our parents mislead us. It's not true. Negative Love programming can be "un-programmed", and our positive real self is always there. Due to their own childhood programming, our parents did not know how to nourish us, our perfect essence. Their own essences had not been nourished by their parents. They were never taught to honor, respect, and love themselves, so how could they give to us what they never had? Had they been able to honor themselves, they would have honored us, and we would have been nourished with love and nurtured with a strong sense of inner security.

Ultimately, to be free of Negative Love, we must

- find understanding, with no condemnation, for our biological parents and our parental surrogates;
- find compassion for the childhood's they lived;
- find forgiveness for what they did to us and what we did to them;
- find total acceptance of them for who and what they were and are.

When we are able to truly forgive our parents from the deepest levels of our being, experientially and emotionally as well as intellectually, then we can forgive ourselves. Forgiveness breaks our inner need and dependency on the parents of our childhood, allowing us to be free of compulsive negative behaviors, which use and abuse us. While the work of the Process does not eradicate a particular behavior, it eliminates the need to act out the behavior compulsively and automatically. We can then choose behavior that is appropriate for us in a given time and situation. And this is what we understand by transcendence: choice that is free from the constraints of our inherited patterns.

When we come to love ourselves fully, we end the eternal negative chatter in our heads and find inner peace. The work of the Quadrinity Process can accomplish this, not just intellectually, but fully, in all of our being.

EXERCISES FROM THE QUADRINITY PROCESS

It is time to see how this applies to you and your life. If you are willing to be open, you can experience the truth of the myriad and subtle and not so subtle ways you adopted our parents' patterns. John Bradshaw observed that children have the innate "ability to defend their conscious awareness against threats and intolerable situations." Our primary defense against observing Negative Love is "denial." As adults, breaking free of programmed patterns begins by re-experiencing one's childhood in the light of our present understanding.

Before beginning these exercises, however, let's examine a mind set that can defeat us before we begin: invalidation, cynicism and skepticism. We learn invalidation by adopting patterns from Mother, Father, or both, or we learn to invalidate ourselves because they invalidated us. Self-invalidation provides the rationale for giving up on ourselves, keeping us stuck in our negative programs. It's denial of the value in what we do and who we are. We tell ourselves: "You're nothing." "You're no good." "You'll never succeed." "Don't try." "You're a loser."

These Negative Love patterns make us skeptical and cynical, believing that we can't be free. In order to be free, we have to be honest with ourselves. We have to be willing to look at who and what we have become with complete honesty. By facing our truth, we can free ourselves from the learned, programmed, behavioral lies. We must dare to go through the emotional pain of our childhood, and in so doing come out the other end. It is better to face this pain once and for all than to carry the heavy burden and pain of compulsive Negative Love programming throughout our lives.

No one can or will wave a magic wand over you and make it all go away. As we tell our students, you must do the work of the Process. There are no fairy godmothers. You are the hero. You are your own savior. With guidance and help, you can save yourself. The struggle is short-lived and intense, but the end result is inner freedom.

Take your time as you do the following exercises. As you begin to work through them, choose to suspend your disbelief and accept what you feel and intuit. In doing the Process work, you are asked to be both participant and spectator as you chronicle your memories and feelings. When you feel stuck, and you probably will, it may be that a pattern (invalidation, confusion, self-denial, etc.) is strongly in place.

As part of the Quadrinity Process, we classify hundreds of adopted behaviors, traits and pat-terns under a variety of cluster headings. The following traits fall under the cluster heading “Uncaring/Non-supportive.” Honestly look and see what in the list describes your Mother or Father. In my experience, most people try to pretend that our upbringing was better than it actually was.

Turn to the next two pages and read through the lists there. Put a check mark in the box next to each trait, attitude, admonition or statement that applies to either your Mother, your Father, or both. We will return to this list after another exercise.

NEGATIVE LOVE TRAITS

- | M | F | S |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Not supportive, uncaring |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Dutiful |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Cold and unaffectionate |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neglectful and unreliable |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Uncommitted to others |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Little or no display of feelings |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Insensitive/indifferent in relationships |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Values things more than people |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Stingy/Selfish |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Disrespectful of spouse/children/others |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Oblivious to others |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Withholds approval |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Ignores positive things people do |

NEGATIVE ATTITUDES

- | M | F | S |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I don't have time for you. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I don't have enough love to go around. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I don't care. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I am more important than you. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I can't handle feelings. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> I can't be bothered. |

NEGATIVE ADMONITIONS (Stated implicitly or explicitly)

- | M | F | S |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> You're not enough. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Feelings aren't important. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> If you get in trouble, I won't love you. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't touch me. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't count on me. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't talk to me. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't show love. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Children should be seen and not heard. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't tell me your problems. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Don't expect anything from me. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Stay out of sight. Be invisible. |

RE-EXPERIENCING YOUR CHILDHOOD

Now let's examine the interaction of the entire family. The way Mommy and Daddy related to each other, to us and to our siblings became our way of relating to ourselves and others. Their way of living and loving became our way. Our Mother and Father's conflicts have become our conflicts. Their faults became our faults. Their blindness became our blindness. Our family system is the mode of operation for the behaviors, beliefs, and patterns of Negative Love.

The following questions can assist us to explore childhood patterns and identify automatic reactions and compulsive behaviors. Hopefully they will trigger and evoke early memories for you. Current behavior patterns need to be identified and then traced back to their origins in your family system.

I invite you to honestly look at the reality of your childhood experiences. Focus your thoughts and allow yourself to recall the scenes, situations, and experiences the questions trigger. It may evoke pain, but it's a necessary stage before healing. Give yourself permission to re-experience the past along with any unhappiness or pain.

If you have a problem with recall or trying to visualize what happened, simply do the best you can and accept whatever comes. In doing the Process work, you are asked to be both participant and spectator as you chronicle your memories and feelings. You may want to write down any scenes or incidents that these questions trigger.

Take a few deep breaths, let your body relax, and clear your mind. Allow your mind to drift back to memories of childhood. Visualize yourself as early as you possibly can. Re-experience what it was like to be you as a child.

Did you feel loved and accepted by Mother and Father? Were you really wanted? Were you abandoned emotionally? Were Mommy and Daddy there, but not there for you? Did they die? Did they divorce? How would

you describe yourself as a child? How did others describe you? Obedient? Achiever? Submissive? Sad? Sick? Angry? A rebel? A helper? Were you delinquent? A troublemaker? Bad boy? Problem girl? Dummy? The clown?

What were the nonverbal injunctions and behaviors? For example, "Put a smile on your face. Put up a good front. Hide your true feelings." Did you get disapproving looks? How open was your family? Did they really communicate with and listen to each other? Were they uptight?

How did your family act when they were angry? How was it when you felt anger toward Mom and Dad? Did your family shout and scream, or did they stifle anger with a smile? Were Mom and Dad angry in the same way, or were they poles apart?

Allow yourself to recall a specific scene where anger was being exhibited by one or both of your parents. Recall a scene when you were angry with Mother, or Father. Did you express it? What happened? Re-experience what you felt.

Were your parents moody or depressed? Did they talk about it? Did they express and deal with their feelings directly? Or was everything hidden, secretive, and ignored?

Who was the boss in the family? What happened if you challenged your parents? Did you dare to express yourself?

What was communication like in your family? What did they talk about? What were conversations like, if there were any? Who dominated the conversation? Who never spoke up? Were your Mom or your Dad quiet, withdrawn, polite?

Were your parents stingy or extravagant? Did you receive any presents? Did they talk about money? Did they fight about it? Never talk about it? Did they get into trouble financially?

What demonstrations of affection were normal in your family? How did family members behave when they touched each other, if they did? Did Mommy and Daddy express physical affection to each other, by holding or hugging? Did your parents love each other and show it?

What did your parents do when you or your siblings misbehaved? How were you punished? Were you disciplined by lectures, or were you punished cruelly, hit, beaten, or abused? Who punished you? How did you escape punishment?

Did you come home to an empty house? Was Mommy afraid of Daddy or was Daddy afraid of Mommy? Were you afraid of one of them or both of them? Were you afraid of your sister or brother? Did you terrorize your parents, your sisters, your brothers?

Did you like your family? Was it fun, loving, and joyful? Or was it depressing, lonely, and just nothing? What was it like growing up in your family?

By allowing your memories to begin to surface and honestly answering these questions, you have already gathered a wealth of material. The family scenarios of your childhood created layers of lies, pretenses, Negative Love patterns and programs.

And finally, go back to the beginning of the list of Negative Traits, Attitudes and Admonitions. Please, look at your own life. Ask yourself very honestly, how many of these traits really describe my life, my attitudes, my behaviors, my patterns? Check the box in the column marked "Self, S." Now you know exactly from whom you learned these patterns. This is an experiential connection to the Negative Love Syndrome.

Fully recognizing and acknowledging how much we are like our parents is very difficult. It is a level of self-understanding that most people never attempt to achieve. Even when they do, some degree of denial remains,

allowing them only to acknowledge the positive qualities of their parents, or else blaming their parents and themselves for the guilt and shame that arises when they act against their own best interests. From time to time, through intensive work on one's self, people actually do recognize how much they are like their parents, but then many feel helpless for not seeing another possibility for their lives.

Through my work with many people over more than 30 years, I have found that true freedom is possible. Your Negative Love patterns, though learned and adopted, can be unadopted. Your essence, your true reality, is like a brilliant diamond. It has never been lost - only covered and hidden by the grime of negative parental conditioning. Isn't it time to uncover your true self and allow its brilliance to shine?

OUTCOMES OF THE QUADRINITY PROCESS

LOVE IS FLOWING, THE RENDERING, AND THE OUTPOURING OF THE HEART AND SOUL OF EMOTIONAL GOODNESS, TO YOURSELF AND TO THOSE AROUND YOU.

Love is the essence of life of the universe itself. Unleashing its power is an astonishing event, a true gift from the Light. No one can say what your life will be like, what path you'll take. What I can say is that you can't even imagine life's wonder while you're wearing the blinders of Negative Love. The Quadrinity Process clears your path for a totally fresh experience of your own life. Doors of possibility and opportunity will open in unpredictable ways.

The Process is a powerful experience for the re-education of love. It integrates all four aspects of self, Physical, Intellectual, Emotional, and Spiritual, by untying the emotional knot that links us to the legacy of Negative Love. Self-acceptance, self-forgiveness, recognition of self-worth, and unqualified self-love are the key to unlocking the power of true love. Once the layers of Negative programming are peeled away, you can be free to live in the present with love and peace.

Nothing is lacking in any of us; our positive integral self is always there, always available. You can rediscover and consistently live from your own wondrous perfection, lovability, dignity and authenticity. Genuine satisfaction and unconditional love are not only possible, they are your inalienable right.

REFERENCES AND NOTES:

John Bradshaw, *Healing the Shame That Binds You*, Health Communications, Inc., 1988

Pat Conroy, *The Prince of Tides*, Houghton Mifflin Company, 1986

Ralph Waldo Emerson, *The Over-Soul*

Karen Horney, MD., *Our Inner Conflicts, A Constructive Theory of Neurosis*. W.W. Norton and Company, Inc., 1945

Thomas Lewis, MD., Fari Amini MD., and Richard Lannon, MD., *A General Theory of Love*, Random House, 2000

Alice Miller, *For Your Own Good*, Farrar, Straus, Giroux, 1983

Claudio Naranjo, MD., *The Quadrinity Process: A New Synthesis*, 1993 Monograph

Ken Wilber, *The Eye of Spirit*, Shambhala, 1997

Based on *The Negative Love Syndrome*, an essay by Bob Hoffman, copyright 1984 by the HOFFMAN INSTITUTE. Revised and edited, 2000 by the HOFFMAN INSTITUTE. All rights reserved. This essay or parts thereof may not be reproduced in any form without the written permission of the Hoffman Institute. The terms "Negative Love," "Quadrinity Process," "Hoffman Institute" and the logo are internationally registered trademarks of the Hoffman Institute.



ROBERT HOFFMAN (1921-1997)

Renowned for his intuitive capacities, Bob Hoffman was a gifted and generous man dedicated to awakening people to the awesome power of love that dwells within each of us. He believed that unconditional love was the birthright of every human being. Mr. Hoffman embedded his profound yet elegantly simple theory of the Negative Love Syndrome into a powerful experiential learning modality known as the Hoffman Quadrinity Process.

Hoffman's basic insight came to him in 1967. For the next five years he collaborated with psychotherapists and psychiatrists to help individuals on a one-to-one basis. In 1972, he and noted psychiatrist Claudio Naranjo, M.D., began presenting Hoffman's method as a 13 week course in a group setting. He called it the "Fischer-Hoffman Process" in honor of the late Siegfried Fischer, M. D.. Over the next 12 years, the Fisher-Hoffman Process gained a reputation for producing deep and lasting results.

In 1976 he authored *Getting Divorced from Mother and Dad*, published by E. P. Dutton and Co., Inc. It was later republished under the title *No One is to Blame, Freedom from Compulsive Self-Defeating Behavior*, available from the Hoffman Institute.

In 1985 Hoffman reformatted his program into an 8-day residential intensive, renamed it the Hoffman Quadrinity Process, and then initiated an eight year period of inspired development and refinement. Today the Hoffman Quadrinity Process is presented in twelve countries to some 5000 participants each year.

Mr. Hoffman retired from teaching the Process in 1991. He remained active in his work until his death in 1997.



HOFFMAN
CENTRE

See us at:

www.hoffmanprocess.com.au

The Hoffman Centre Australia

Suite 4, First Floor, 141 Osborne Street,
South Yarra, Vic 3141
Australia

Tel: +61 3 9826 2133

Free-call: 1800 674 312

Fax: +61 3 9826 2144

Email: australia@hoffmanprocess.com.au

The Hoffman Institute- Singapore

Tel: +65 6735-3072

Email: singapore@hoffmanprocess.com.au

Worldwide Centres

Argentina, Australia, Austria, Brazil, Bahrain, Canada, England, France,
Germany, Ireland, Italy, Singapore, Spain, Switzerland, United States

Printed on recycled paper

©2001 Hoffman Institute

ABN 31 056 787 412