

# The Hoffman Process In A Nutshell

The Hoffman Process was developed by American psychotherapist Bob Hoffman in 1967. The Hoffman Process is a tool used to help individuals identify negative behaviors and moods developed unconsciously during childhood. Hoffman recognized that during childhood, we imitate our parents to win their love and receive attention. Specifically, we embody aspects of their moods, attitudes, belief systems, spoken expressions, and even gestures. But if we grow up feeling unloved by our parents, we may later develop behaviors and moods that hinder our ability to show affection toward others.



# The Hoffman Process

**N Colangelo**



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