



**BREAK THE CYCLE**

# *Break the Cycle*



**OLIVE**

Transform the Way you learn



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By Ralph Hendrick

Bringing peace, hope and serenity to those affected by:

Alcohol addiction and abuse of other substances,  
Family of origin adversity,  
Dysfunctional family behaviours and related difficulties

## ABOUT THE FACILITATOR



## Ralph Hendrick

**Ralph Hendrick** is a qualified life coach and is a graduate of the Dale Carnegie Self Development Programme.

He has been facilitating the delivery of the Break the Cycle course for the past 25 years.

The course delivers an insightful awareness for positive change.

It covers a comprehensive range of subjects allowing the participants to explore the SELF.

Hendrick often refers to “Break The Cycle” as “What Makes Me...ME”.

Hendrick became interested and indeed fascinated in the subject of psychology as far back as 1976 when his best friend gifted him a book titled “Your Erroneous Zones” by Wayne W Dyer and suggested to him that he might benefit from reading it.

This was the beginning of his search for a meaningful, purposeful life which he continues to pursue describing it as a work in progress.

There have been many other books that influenced Ralph over the years namely “The Road Less Traveled”, “People of the Lie” by M Scott Peck. Also, a book that had a profound impact was “John Bradshaw on The Family”.

Ralph has assisted in self awareness workshops over many years.

# INTRODUCTION



Break the Cycle course is for people who are affected emotionally, mentally, socially and spiritually in adulthood as a result of adversity, experienced in their home of origin in childhood.

Ralph Hendrick, a qualified life coach, is responsible for facilitating this accessible course. The Dublin native has presented Break the Cycle for over 20 years and has improved the content by expanding the subjects having listened intently as to what are the main issues causing the adult child their biggest challenges.

The earlier segments of the course are designed to evoke emotional feelings that may have been lying dormant, buried alive, in the adult child today. Hendrick believes we need to address these issues in order to free ourselves from shame, low self-worth and allow ourselves the peace we deserve.

The topics range from feelings, anger, boundaries, co-dependency, motivation, self worth and the all-important topic of relationships. The benefits of exploring these matters have a hugely positive effect on the quality of our adult life.

The course is, ultimately, for anyone interested in improving self-development and emotional intelligence. What the person does with the information from this course is up to themselves whether they wish to probe a particular subject in greater depth post course.

Extreme patterns of behaviour in the childhood home of origin are explored, going into detail about various things that may affect us as adult children in the present day.

While we may be extremely affected from childhood adversity we must avoid the victim role.

# INTRODUCTION



It's all about change and recognising the behaviours that need changing. This programme offers you the opportunity to identify those toxic behaviours.

To gain the most from Break the Cycle, approach the course from a feelings' perspective and not an intellectual perspective. Have an open mind, be honest with yourself, and have a willingness to learn with the courage to change. You can't change anything you don't know needs changing. That's where the awareness comes in. It's only through exploring and investigating over time that you will know.

Having a better relationship with yourself is where it starts. You can't have a healthy relationship with yourself until you have healthy thoughts and feelings.

And, if there is only thing Hendrick wants a person to take away from the course, it is to recognise your emotional triggers and the buttons that people press.

Overall, this is a positive course, sharpening you and your awareness. It's helping you to develop an authentic, better you. The information received over the eight modules should lead to awareness of behaviours that need changing. What you do with it is up to you.

You can't break the cycle until you understand and recognise the necessity to break the cycle of learned negative behaviour from the home of origin in order to give ourselves a more positive approach to life and increase our wellbeing in adulthood.

# NUTCRACKER

## - Module 1



In this module, we shine the torch on three areas that give us a better understanding of ourselves. The first exercise is the Drips or Nutcracker exercise. You are asked to think of words beginning with the letters D, R, I, P and S that make sense around the extreme patterns of behaviour in your home of origin. We will look at this from a child's perspective.

The module explores the seven common patterns of current behaviour that may have been present in your home as a child. What common patterns of behaviour jump out at you when you learn about the seven common patterns of behaviour exercise?

It also explores the 21 characteristics associated with adults who grew up in dysfunctional homes.

# THE TWO WOLVES WITHIN

## - Module 2



This second module looks at the family of origin and the five principles, which you must fully understand in order to be able to make the necessary changes in life. If you are approaching a family of origin from the blame perspective, you are choosing to stay stuck and will not be moved forward with your new awareness.

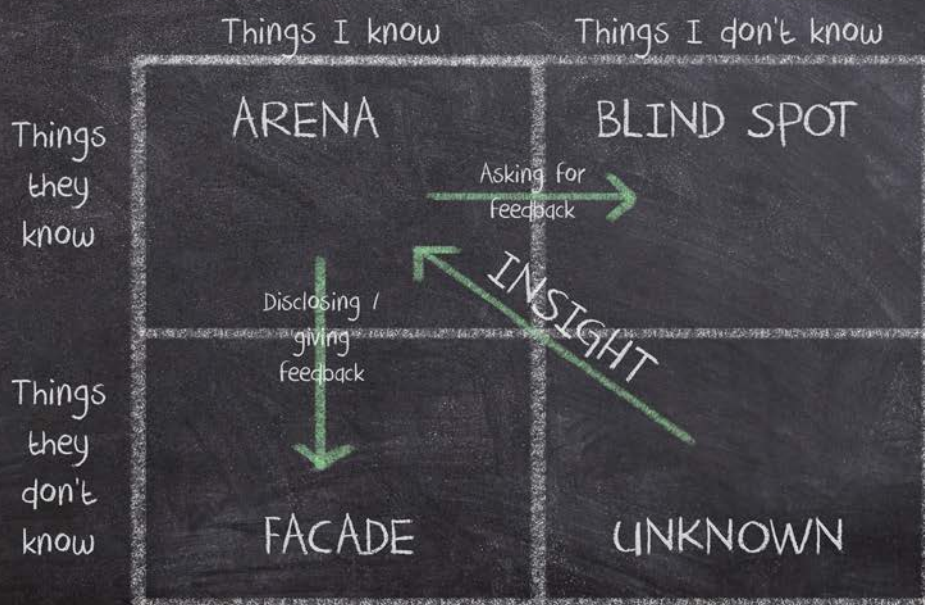
Blame is a defensive cover-up where our shame is projected onto others. This is because we feel the danger of vulnerability and exposure. So, it's better to avoid blaming others.

This module also looks at Adult Child Syndrome and explores the four childhood roles used to survive within the family system. This will help you identify which role or mask was most prominent with you and which other one was your shadow role? We perform various roles depending on the family situation on any given day at any given time.

## OPEN WINDOWS

- Module 3

## The Johari Window



This module looks at a revealing and discovery exercise that assesses the four sides to ourselves regarding a communication model called the Johari window.

There are two key ideas behind the tool: That you can build trust with others by disclosing information about yourself. And with the help of feedback from others, you can learn about yourself and come to terms with personal issues.

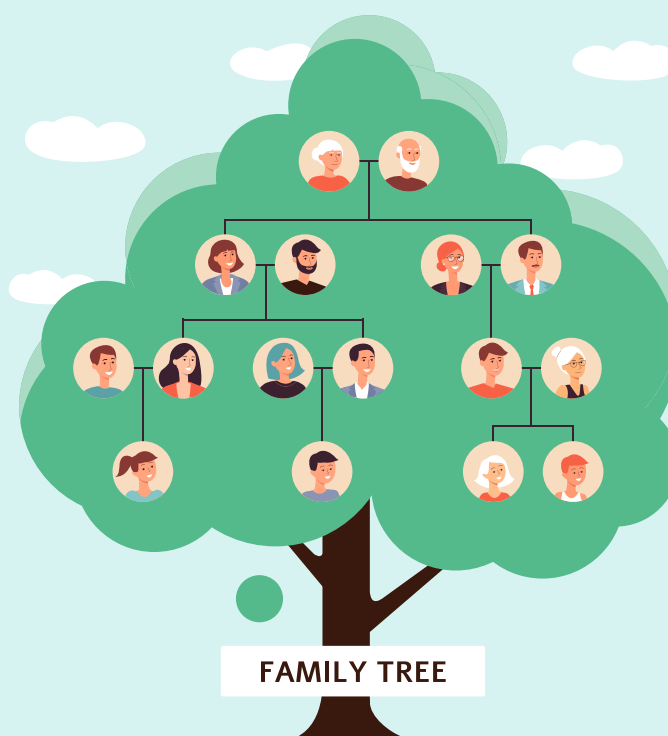
The module also looks at the six characteristics in terms of the adult children of alcoholics and other extreme patterns of behaviours experienced in the home of origin. It looks at the Caretaker, the people pleaser, the martyr, the workaholic, the perfectionist and the stump.

Have you identified yourself? Have you recognised in those characteristics what you actually use in terms of your self-esteem? How did you get your self-esteem? Are you getting it through any of those characteristics?



# ORIGIN CYCLE AND SELF ESTEEM

## - Module 4



This module looks at the genogram or the family tree in terms of pictorial display of a person's family relationships. It goes beyond a traditional family tree by allowing the user to visualize hereditary patterns and psychological factors that affect family relationships.

The module also looks at self-esteem, which is a really big word. and deals with self-worth and how we get it. It looks at the three principles of how to help yourself. Here, you need to increase your self-worth by self-acceptance.

Self-awareness was the second area we cover. It's about getting to know and understand yourself. Finally, we look at self-care.

Integrating these exercises into your daily regime will surprise you how soon they become part of the new you. Introducing new and positive habits is key. Little by little, they become regular and a normal part of you.

# TRANSIENT FEELINGS

- Module 5



This module explores the language of feelings and focuses on the emotion of anger. Very often, we suffer frozen feelings. We don't know how we feel. We don't know how to express what words we have about our feelings.

In this module, we look at 10 attitudes that keep you from expressing your feelings. These feelings are also transient, which often causes some confusion because one day we'll think a certain way about a subject, and tomorrow we might feel completely the opposite. But that's feelings for you.

We also look at the different traits indicating anger and then explore some healthy approaches to help deal with your anger. Anger is a feeling to share, not a weapon to slay people with.

# GRIEVING HEALS GRIEF

## - Module 6



In this module, we talk about grief and loss. We also look at goals, dreams, hopes, and the need to integrate healthy habits that improve our wellbeing.

The module also looks into different kinds of losses. Most people talk about death when they think of grief, but there can be many losses in life.

These losses, of course, would affect your life today. Hopefully, you've identified some of those losses and maybe over the years, you've never given them the necessary space they deserve. Perhaps it was too difficult or painful to go there in the past. However, in order to emotionally grow in recovery, we need to name our hurts and express our anger healthily.

The module then delves into goals, dreams, hopes, and the need to integrate healthy habits that improve our wellbeing.

# BUILDING BOUNDARIES (Not Walls)

- Module 7



In the second last module, we look at the importance of personal safe boundaries by examining healthy boundaries. Not knowing the difference between healthy versus unhealthy boundaries, may be causing you problems today due to your lack of awareness.

The module explores the four types of boundaries that can develop in human beings and looks at the signs of unhealthy boundaries. Have you ever taken a step back to ponder how you interact with others concerning boundaries in your relationships?

The module also looks at codependency and relationship issues. And it furthers into four principles that will help you develop healthy relationships.

## INTO ACTION

## - Module 8



The final module of the programme looks at responsibilities, fear, stages of self-awareness, and actions for the future.

The module concludes and expands on the programme's objective to sharpen your self-awareness in order to allow positive changes to take place in your life. To start again, you must begin from where you're at, not where you've been. This ensures that you no longer have the need to water weeds of the past, but grow new seeds for the future.

The bottom line is your peace of mind and a feeling of well-being. This session covers responsibility for self, and fear that holds us back from a life of freedom.

## MODULE DURATION

Total Course Duration: 2 Hrs 20 Mins

Module No	Title	Duration
1	Nutcracker	15 mins
2	The Two Wolves Within	15 mins
3	Open Windows	15 mins
4	Origin Cycle & Self Esteem	15 mins
5	Transient Feelings	22 mins
6	Grieving Heals Grief	15 mins
7	Building Boundaries (Not Walls)	22 mins
8	Into Action	21 mins

Visit the page below to learn more about the Break the Cycle Programme.  
[www.olivegroup.io/breakthecycle](http://www.olivegroup.io/breakthecycle)

## Olive Group

Founded in 2006, Olive Group is an EdTech company that provides a fully integrated range of workforce development services. Headquartered in Dublin, Ireland, and employing 350 people in 12 countries, Olive Group develops high-end courses and digital content. It has developed its own suite of eLearning platforms using the latest technologies including virtual reality and artificial intelligence. The company transforms businesses and peoples' lives and is on a mission to make learning universally available by providing the highest quality learning solutions at the lowest cost. Olive Group has trained more than two million people across the world with digital learning content in 27 languages.

For more information visit us on [www.olivegroup.io](http://www.olivegroup.io) or contact us at [hello@olivegroup.io](mailto:hello@olivegroup.io)

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