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**Hope Weekend Registration**

**Getting to Know You**

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| --- |
| **Personal Information: Please print clearly** |
| His Name | First Last |
| Her Name | First Last |
| Address |  |
| City |  | State |  | Zip |  |
| **Telephone** |
| Home Phone |  | His Cell |  |
|  |  | Her Cell |  |
| **Email** |
| His |  |
| Hers |  |
| **Please Check Preferred Method of Contact** |
| Phone |  | Email |  | Text |  | U.S. Mail |  |  |
| **Wedding** |
| Anniversary | Date: |  |  |
| **Ethnicity** |
| **His** |  | White/Non-Hispanic |  | Hispanic/Latino |  | African American |
|  |  | Native American |  | Asian American |  | Other |
| **Hers** |  | White/Non-Hispanic |  | Hispanic/Latino |  | African American |
|  |  | Native American |  | Asian American |  | Other |
| **How did you hear about Hope Weekend? Please check ALL that apply:** |
|  | Live the Life website |  | Facebook |
|  | Coupon |  | Searching on the internet |
|  | Bridal Show |  | Word of mouth from a friend, relative or co-worker |
|  | Live the Life Newsletter |  | My church  |
|  | TV show |  | TV Advertisement |
|  | Radio show/advertisement |  | Instagram |
|  | Booth, signage, or banner at local event/fair |  | Brochure |
|  | Local newspaper article/advertisement |  | Billboard |
|  | Magazine article/advertisement |  | Poster/Bulletin Board |
|  | Presentation at a local community organization |  | Professional (e.g. counselor, doctor, attorney, etc.) |
|  | Other, please specify:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**INFORMED CONSTENT FOR HOPE WEEKEND**

The HOPE Weekend hosted by Live the Life, Inc. is an educational process and program. It is not intended as therapy or treatment for emotional and psychological problems or to replace therapy and/or treatment. The HOPE Weekend educational process helps individuals and couples understand and learn the core skills that develop and maintain a close and connected relationship while providing insights into one’s self through lecture, experiential exercises, humor and coaching. It is always the option of the individual to participate in, or refuse to participate in, any of the exercises offered.

Life the Life is a non-profit organization that conducts these educational programs to help couples learn the essential skills necessary to restore and rebuild a marriage relationship.

As a participant, I acknowledge that my experience in HOPE Weekend, in whole or in part, may engender new perceptions and a range of emotions that at times may include uncomfortable emotions. I understand that the exercises are designed to expand perceptions and to facilitate the development of a range of emotions including pleasure, joy, love, pain, fear and anger in behalf of an enhanced capacity for empathy and mutual understanding. At times, I may experience uncomfortable, as well as pleasurable feelings. I choose to participate in the HOPE Weekend, and I agree to hold Live the Life, Inc., its employees and volunteers or service providers harmless against any claims related to my experience in the HOPE Weekend.

I clearly understand that it is always my choice as to whether to participate in the experiences offered.

I agree to the above and to participate in the HOPE Weekend with an attitude of goodwill, respect, empathy, and humility.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ROADBLOCKS TO YOUR MARRIAGE**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

There are basically two kinds of issues: the obvious ones and the underlying hidden ones. The underlying issues cause many of the obvious issues and destructive behaviors you experience. In order to resolve relationship conflicts, it is important for one to understand the deeper issues and meanings that cause the fears, hurts and anger that lead to alienation and disengagement. Below is a list of obvious issues that you might identify with. Some of these issues below may have issues related to your own history and past relationships. **Please check all of the possible roadblocks that you are experiencing in your marriage**.

**SPIRITUAL**

\_\_\_I am not a spiritual leader in our relationship

\_\_\_I do not experience spiritual intimacy in our relationship

\_\_\_Faith is not a part of our relationship

\_\_\_Spirituality is not something I am interested in for myself

**LOVE**

\_\_\_I often do not feel loved

\_\_\_I often do not feel respected

\_\_\_I do not cherish my spouse

\_\_\_I do not respect my spouse

\_\_\_Trust issues in our relationship

\_\_\_I sense that my spouse feels he/she is not a priority

\_\_\_I often do not show affection towards my spouse

\_\_\_I am not physically accepting of my spouse’s body

\_\_\_Little to No physical and/or sexual intimacy

\_\_\_My spouse and I spend more time alone than together

\_\_\_I do not experience romantic feelings for my spouse

**COMMUNICATION**

\_\_\_Lack of clear communication in our relationship

\_\_\_My spouse does not listen to me

\_\_\_My spouse does not appreciate my unique qualities

\_\_\_I do not experience enough verbal intimacy

\_\_\_My spouse raises his/her voice toward me

\_\_\_My spouse turns things I say into something negative

\_\_\_I sometimes turn things my spouse says into something negative

\_\_\_I avoid conflict with my spouse

\_\_\_My spouse avoids conflict with me

\_\_\_Poor communication and/or listening skills in our relationship

\_\_\_My spouse is often critical and/or sarcastic in tone

\_\_\_My spouse often shows contempt for me

**CHARACTER**

\_\_\_I am selfish in our relationship

\_\_\_I am struggling with addiction(s) (drugs, alcohol, sex, food, gambling, other)

\_\_\_I have struggled with addiction(s) (drugs, alcohol, sex, food, gambling, other)

\_\_\_I am compulsive

\_\_\_I often make impulsive decisions in our relationship

\_\_\_I control my spouse

\_\_\_My spouse controls me

\_\_\_I am physically abusive (hitting, throwing things, pushing, physical intimidation)

\_\_\_I am dependent on my spouse in an unhealthy way

\_\_\_My spouse is dependent on me in an unhealthy way

\_\_\_My spouse seems to be distant

\_\_\_I feel distant from my spouse

\_\_\_I often “smother” my spouse emotionally

\_\_\_My spouse “smothers” me emotionally

\_\_\_My spouse behaves disrespectfully around me

\_\_\_I am emotionally abusive to my spouse

\_\_\_My spouse is emotionally abusive to me

**OTHER**

\_\_\_I have been the recipient of verbal abuse from my spouse

\_\_\_I have verbally abused my spouse

\_\_\_I have been the recipient of physical abuse from my spouse

\_\_\_I have physically abused my spouse

\_\_\_We are currently experiencing financial issues

\_\_\_My spouse spends too much time away from our family

\_\_\_My spouse does not help with the children enough

\_\_\_We are currently experiencing issues with our In-laws

\_\_\_I am experiencing issues relating to grief and loss

\_\_\_My spouse is experiencing issues relating to grief and loss

\_\_\_We are currently experiencing “blended family” or step-family issues

\_\_\_Adultery on my part

\_\_\_Adultery on my spouse’s part

\_\_\_I have experienced sexual abuse

\_\_\_My spouse has experienced sexual abuse

\_\_\_I sometimes look at porn on the internet

\_\_\_My spouse sometimes looks at porn on the internet

**LOVE LESSONS**

Please answer the following:

1. What part of your life (other than your marriage) are you least satisfied with?
2. What have you been doing about it?
3. What could you do differently to create a difference?
4. What part of your marriage are you least satisfied with?
5. What have you been doing about it?
6. What could you do differently to create a difference?
7. How do you contribute to the pain and hurt in the marriage?
8. What would you need to do differently to create a more loving, saner marriage?
9. How do your personal character defects affect the marriage in a negative way?
10. What role does faith play in your life?
11. How would being a more loving and patient person make your marriage richer?
12. What keeps you from being a more loving, giving, and caring spouse?
13. What do you need to forgive?
14. Write down anything you feel is necessary for us to know as a Team in order to help you during your participation at Hope Weekend.