



# LIVE THE LIFE

## Hope Weekend Registration Getting to Know You

| 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   |  |                          |   |          |                  |           |
| <b>His</b>  | White/Non-Hispanic                             | Hispanic/Latino          |   |          | African American |           |
|   | Native American                                | Asian American           |   |          | Other            |           |
| <b>Hers</b>   | White/Non-Hispanic                             | Hispanic/Latino          |   |          | African American |           |
|   | Native American                                | Asian American           |   |          | Other            |           |
| How did you hear about Hope Weekend? Please check ALL that apply: |  |                          |   |          |                  |           |
| <input type="checkbox"/>  | Live the Life website                          | <input type="checkbox"/> | Facebook  |          |                  |           |
| <input type="checkbox"/>  | Coupon   | <input type="checkbox"/> | Searching on the internet                             |          |                  |           |
| <input type="checkbox"/>  | Bridal Show                                    | <input type="checkbox"/> | Word of mouth from a friend, relative or co-worker    |          |                  |           |
| <input type="checkbox"/>  | Live the Life Newsletter                       | <input type="checkbox"/> | My church   |          |                  |           |
| <input type="checkbox"/>  | TV show  | <input type="checkbox"/> | TV Advertisement                                      |          |                  |           |
| <input type="checkbox"/>  | Radio show/advertisement                       | <input type="checkbox"/> | Instagram   |          |                  |           |
| <input type="checkbox"/>  | Booth, signage, or banner at local event/fair  | <input type="checkbox"/> | Brochure  |          |                  |           |
| <input type="checkbox"/>  | Local newspaper article/advertisement          | <input type="checkbox"/> | Billboard   |          |                  |           |
| <input type="checkbox"/>  | Magazine article/advertisement                 | <input type="checkbox"/> | Poster/Bulletin Board                                 |          |                  |           |
| <input type="checkbox"/>  | Presentation at a local community organization | <input type="checkbox"/> | Professional (e.g. counselor, doctor, attorney, etc.) |          |                  |           |
| <input type="checkbox"/>  | Other, please specify: _____                   |                          |   |          |                  |           |

## INFORMED CONSENT 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 time in the Hope Weekend.