

To help us determine whether a Resilient Marriage Retreat would be a helpful next step for you, we humbly ask that you answer the following questions candidly. Our hope in asking is to make sure that your needs are well cared-for.

Part 1: Trauma History, Mental Health and Addictions:

1. Have you experienced trauma in any season or circumstance of your life whether it be childhood, military service, marital, vocational, church, or other?

- If yes, to what extent? (would you describe your trauma as mild, moderate, significant or debilitating?)

- If yes, have you sought help from a Christian trauma counselor?

- Where are you in your healing process? *We ask because trauma that remains an open wound needs care beyond our scope. Attempting to work on marital issues with unresolved moderate to significant trauma can be harmful to both you and your relationship. Awareness of healed or healing trauma will help us be sensitive to and caring around areas that are painful for you.*

2. Have you ever been (or are you now) dealing with a mental health concern (OCD, Anxiety, Bi-polar, Depression, other)? If so, do you have any concern that this would prevent you from doing intense relational work?

3. If you are seeing a therapist and/or being treated for a mental health concern, we will send your mental health provider our workbook and ask them whether, in their professional opinion, a Resilient Marriage Retreat is a good next step for you. To facilitate this, please provide their mailing address and give them permission to speak to us.

4. Have you ever (or are you now) struggling with an addiction of any kind (substance, porn, sex, workaholism, gaming or screens)? If so, what recovery work have you done and where are you in your recovery process?

5. Is there now or has there been infidelity or abuse in your relationship. Please describe.

Part 2 Self-Assessment:

On a scale of 1 to 5 (where 1=rarely and 5=always) how able are you to do each of the following? We are **not** looking for perfection—no one is able to bring their best self 100% of the time.

- ___ OWNERSHIP. I am willing to own my part of the relational distress.
- ___ COMMITMENT. I'm committed to investing in my marriage.
- ___ MOTIVATED. I want to learn how to make my marriage better.
- ___ GENEROUS. I work to understand my spouse's perspective and how I hurt them then try to offer meaningful repair.
- ___ FORGIVING. I try to forgive, receive repair offered and leave the record of wrongs done to me in God's hands.

Thank you in advance for your courageous responses. We have dedicated ourselves and this ministry to God. Our prayer is that He will guide us all in the best next step. Let us know if you have any questions!