

PRE-WORK

In preparation for the retreat, we ask that you do the pre-work described below. *We have limited bandwidth and a VERY full schedule so we'd GREATLY appreciate typed responses. If typing is difficult for you, recorded voice memo responses will also work.*

Your responses give us insight into how to best pray for you and personalize your retreat. *Be assured that what you share will be held in strictest confidence** The decision of whether you share your answers with others at the retreat will be yours alone to make.*

1. Pre-work Part 1 - Journaling (attached)
2. Pre-work Part 2 (This will be emailed once your retreat is confirmed)
3. Enneagram Assessment. *The Enneagram is an empathy tool that gives us a baseline understanding of your personality and how you tend to process the world/approach relationships. You'll need to download the free app (EnneaApp, see screenshot) to take the assessment. Please email us a screen shot of your results. If you already know your number, just send the number and any wings you are aware of.*



EnneaApp Enneagram reference system
Hearthstone Counseling Inc.
★★★★★ 4.4 x 1028 Ratings
Free - Offers In-App Purchases

Once completed, please email us all of the above.

Meanwhile know that we're praying for you and standing in faith that God will use this retreat to make each of your relationships even more beautiful and resilient and that most of all, He will draw you into even greater joy and wholeness in Him.

In Faith,

Phil & Vicky

***legally required limitations to confidentiality include a serious risk of harm to self or others.*

PRE-WORK PART 1 – JOURNALING REFLECTION QUESTIONS:

Which of the following describe you best? (feel free to use your own words)

- Morning person or night person?
- Introvert or extravert?
- Intuitive communicator or literal communicator?
- Slow processor or fast processor?

SESSION 1: In a quiet, comfortable place ask God to help you reflect on the following.

1. My special comfort needs are:

2. If I had a concern about this retreat it might be:

3. Something important for you to understand about me is:

4. What do I hope will happen during this time together?

5. What do I look like when I'm at my best relationally? 5 or more adjectives or phrases that describe me at my relational best are:

7. Someone I have a healthy relationship with is _____. When I'm with that person I feel _____. Underline any feelings from the list below that apply.

CONTENT	HAPPY	TENDER	ENTHUSIASTIC	AMAZED	RELIEVED
Satisfied	Pleased	Warm	Hopeful	Inspired	Comforted
At peace	Satisfied	Connected	Excited	Astonished	
Fulfilled	Giddy	Affectionate	Eager	Grateful	SECURE
At Ease	Playful	Loving	Optimistic	Proud	Safe
				Full of Wonder	Protected

8. Moments or times like this are so good because:

Previously we asked what you look like when you're relating in a Christlike, healthy way.

Next, we'll ask what you look like when you're relating in unhealthy ways. These questions are in no way meant to induce shame. As Christ-followers, taking humble ownership is honorable. There is no condemnation for those who are in Christ Jesus (Romans 8:1.)

SESSION 2

Think about your various relationships. Ask God to help you reflect on the following.

1. When I'm not relating with others in a healthy, Christlike way, 5 adjectives or phrases that would describe me are:

2. During these unhealthy times, I personally contribute to distress in relationships by:

3. "What makes it hard to be in a relationship with me?" "What needs to grow/change in me?"

4. What does the Lord want me to learn from relationships?

5. How do I want others to experience me?

6. How do you see the Lord's blessings through redeemed relationships?

SESSION 3:

As you reflect on your life, list 3 positive inputs (people, events, circumstances, other) that contributed to shaping who you are today. Describe and explain how each of these impacted you.

1.

2.

3.

As you reflect on your life describe 3 harmful or hurtful things that happened to you that also contributed to shaping who you are today. (Explain in as much detail as you are comfortable sharing.)

1.

2.

3.