

To help us determine whether a Resilient Relationships/Resilient Teams Retreat would be a helpful next step for you, we 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, relational, vocational, church, or other?

- If yes, 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 interpersonal issues with unresolved moderate to significant trauma can be harmful to both you and your relationships. 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 Relationships/Resilient Teams 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?

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 relational distress.

____ COMMITMENT. I'm committed to investing in my relationships/team.

____ MOTIVATED. I want to learn how to make my relationships/team better.

____ GENEROUS. I work to understand others' perspectives and 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!