

Phase 1: Reconnecting with body, relaxation

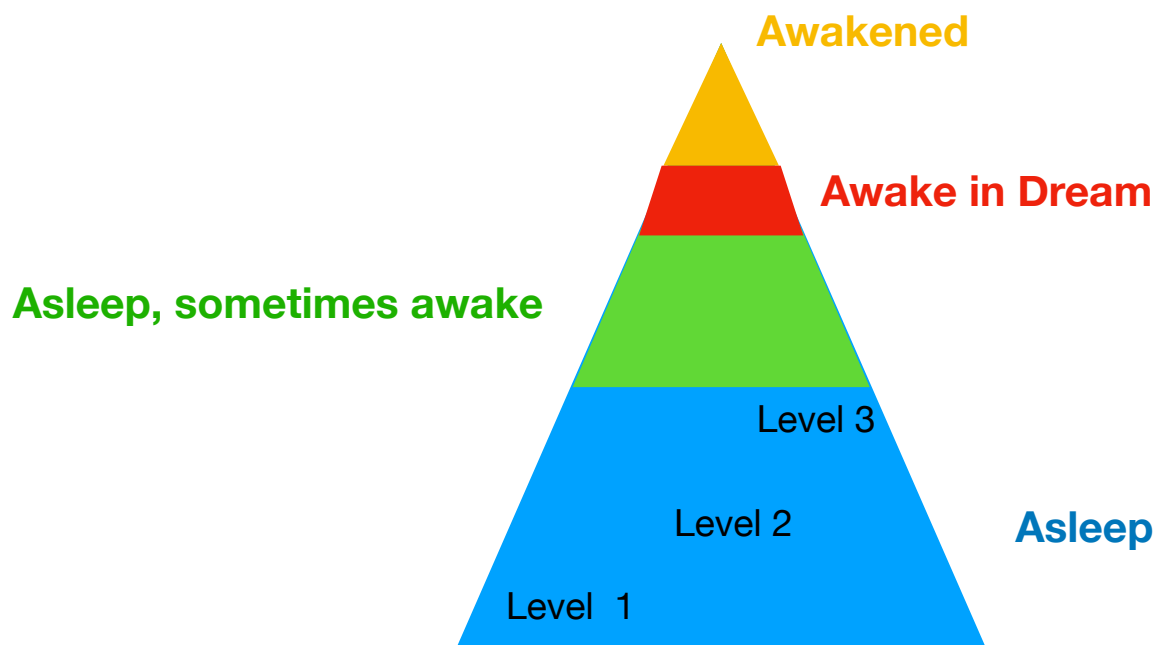
- Awakening senses,
- Awakening body memory,
- Body Sensation,
- Feeling and emotion (Irritation, anger, frustration and Anxiety)

Phase 2: Accountability - recognize and “own” feelings

Phase 3: Individual issues, leading to process.

Phase 1 Entrance exams:

- Level 1: Robot / machine
- Level 2: bored; don't know what to do
- Level 3: Really feel stuck and want to change



Entry questionnaire

Choose the statement that best represents what is true about you

(Not presently in an intimate relationship)

1. I am not in an intimate relationship and am not ready for one (1)
2. I'm not in a relationship but would like to be in one (2)
3. I'm not in a relationship and do not trust them. (1)
4. I want a traditional relationship (1)
5. I want a relationship that would help me succeed (1)
6. I want a relationship that would help me grow as an individual (3)

(Presently in an intimate relationship)

1. I care for my partner, but feel a distance between us (2)
2. My relationship is not a happy one, but I don't want to leave it (1)
3. I want my relationship to change but I don't know how (3)
4. I'm happy with my relationship the way it is (3)
5. I wish my partner would change (2)
6. My partner and I rarely talk about anything meaningful (3)
7. My relationship is comfortable, but not very exciting. (1)

(Work/career)

1. My job is okay; I'm just there for the money (1)
2. I don't enjoy my work, but I have no other options (2)
3. My work is hard, but rewarding (3)
4. My job is boring, but I'm stuck there (1)
5. I want to leave my job, but don't know what else I can do (3)
6. I like my job but the pay is too low (2)
7. I have a great job and great pay (3)
8. My job sucks, but that's life! (1)

(Finances)

1. My money situation is okay, but not great. (1)
2. I never have enough money; I'm always scraping by (1)
3. I don't have enough money, but there's no way for me to make more (2)
4. I want to learn how to improve my financial situation (3)
5. I just haven't gotten any breaks financially (1)
6. I dream of having more money, but realistically don't believe it will ever happen (2)
7. I'm under a lot of financial pressure, and worry about it a lot (2)
8. I just want to be financially successful - it's my biggest goal in life (1)

(Relationship with my child/children)

1. I don't spend much time with my kids; don't really feel close to them (1)
2. I love my kids, but I worry a lot about them (2)
3. I want to be a better parent, but I don't have the patience (3)
4. I prefer my kids to respect me more than love me (1)
5. I want to be a better parent, but I don't have the time (2)
6. I don't like getting angry at my kids, but it's often necessary to do so (1)
7. I always feel bad after getting angry at my kids, but I keep doing it (2)

(Sense of self; self-image)

1. I like myself the way I am (1)
2. There are a few things I don't like about myself, but that's the way I am (1)
3. I often think that I'm not good enough (3)
4. I think that if people really knew who I am, they wouldn't like me (2)
5. I want my parents to be proud of me, and I try to earn that from them (1)
6. Most people I know like me, and I don't know why. (2)

(Personal life)

1. I don't talk about my problems with anyone (1)
2. I only talk about my problems with my partner (2)
3. I get irritated very easily (1)

4. I really want to change my life but it seems impossible (3)
5. I don't think about my life too much (1)
6. I just want to be financially successful - it's my biggest goal in life (1)
7. I want to do what I love, but don't know what that is (3)
8. I respect my parents, but I don't feel very close to them (1)
9. I would like to talk to someone about my problems, but I can't afford it (3)
10. I don't really trust anyone to share my private thoughts with (2)