



INTRODUCTION TO MEN'S GROUP INTENSIVE

Congratulations on your decision to consider working with the Marriage Recovery Center in a Men's Group Intensive. This is a big decision and a great opportunity to grow and become a healthier man. During the four days, you will have the opportunity to share your story, hear other men share their stories and make critical decisions that will impact you and your family.

HEAL YOUR RELATIONSHIPS

Undoubtedly, you are reaching out because you have the desire to learn how to function in the 'best possible version of you', knowing if you do, your loved ones will see this change and benefit from it. If you truly do the work, they will feel safe and protected in your presence.

OUR COMMITMENT

We are committed to your satisfaction with the treatment process. Dr. Hawkins will be checking in with you after each session to determine your satisfaction with the counseling process and will ask at the end of each day how you are feeling about the direction of the therapy and make adjustments. We encourage you to share concerns about the process as well as what changes you would like to see in future group sessions!

AGENDA DURING THE INTENSIVE

DAY 1: “You will know the truth and the truth will set you free.”

- Share who you are, why you are here and what you hope to gain from this experience;
- Learn about the importance of knowing, managing and possibly eliminating self-destructive traits;
- How Change happens—stages of change;
- How we achieve goals: *activation, persistence and intensity*;
- Learn about the Power of Resistance to Change;
- What am I protecting, in my resistance to change, and why?
- Taking the challenge of ‘*Cleaning Your Side of the Street*’

DAY 2: “The Power and Destruction of Denial”

- Discuss DENIAL: the various defense mechanisms used to self-protect; identifying your primary defenses;
- Discuss your Fearless Relationship Inventory—how you have related to others; the good, the bad and the ugly;
- Write out “What I’m like on my worst day.”
- Drilling Down—How this behavior came to be—3 key points?
- Mindfulness—Daily journaling

DAY 3: “Obtaining an Accurate Self-Assessment

- Read wife’s *What It’s Like to Live with Him? The Good, the Bad and the Ugly*
- Learn about Core Self Functioning—being fully awake and alive;
- Learn about forms and patterns of emotional abuse
- Learn ATTUNE—Attend, Turn toward, Tolerate her Distress, Understand, Nurture, Embrace, Epsom’s Salt-----creating an “emotional bubble”
- Learn how to listen well, defuse aggression and meet other’s needs;
- The Power of Boundaries`

DAY 4: “Cultivating and Maintaining a Healthy Sense of Self”

- Cultivating empathy, vulnerability and intimacy/ creating safety
- Authentic Relating—Being Transparently Real and Relating Authentically to the Other
- Managing Triggers/ Identifying Wounds
- Understand Shadow Self functioning/ Johari Window;
- The Importance of Attachment Styles—orienting yourself to your mate;
- Set goals regarding your Real Self in contrast to your Ideal Self—Old Self/ New Self;
- Amplifying personal strengths;
- Seek Truth and Clarity in a Plan for Recovery;
- Implement a Relapse Prevention Plan/ Accountability.

RESERVE YOUR SPOT TODAY!

There is a limited number of people we allow per group intensive session. Please give our office a call to speak with our Client Care team at 206.219.0145 and they can answer all your questions and can guide you through the rest of the process. We are honored to be a part of your journey, and look forward to helping you set your steps in a better direction!

Warm regards,

Your Marriage Recovery Center Team