

Do You Believe

- If you really knew me, you wouldn't love me.
- Everything is always my fault.
- I had some trauma in my life, but it doesn't affect me now.
- If my partner would just change, everything would be fine.
- I can't seem to develop any close relationships.
- It is not okay for me to make mistakes.

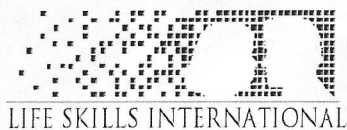
Do any of these statements apply to you or your relationship?

IF SO
WE CAN HELP!

Some of the most basic and personal things that we believe about ourselves are the result of **unsound input**. At *LIFE SKILLS*, we examine our foundational beliefs in order to develop new thinking and to learn the skills necessary to
“Learn to *Live* and Learn to *Love*.”

SOME OF THE TOPICS COVERED IN CLASS ARE:

ANGER MANAGEMENT
DEFINING AND IDENTIFYING ABUSE
CHILDHOOD WOUNDS
MALE / FEMALE DIFFERENCES
COMMUNICATIONS
CONFLICT RESOLUTION
FORGIVENESS
DEVELOPING TRUST
GUILT AND SHAME
REACTIVE LIFESTYLES
SELF-ESTEEM
HEALTHY AND LASTING RELATIONSHIPS



Are You Sure Domestic Abuse Doesn't Affect You?

Did you know that domestic abuse includes physical, sexual, emotional, verbal, silent, and religious abuse, as well as stalking, rejection, and other forms of manipulation and control?

- There is blaming, cursing, and/or name-calling
- One person controls the finances
- There is control of outside interests/friendships
- There is a “Jekyll/Hyde” personality
- Excuses are made for the person's behavior
- Sex is not a mutual agreement
- Household responsibilities are not shared
- There was abuse and/or rejection in your own childhood
- There are mind-games, hostile humor, put-downs
- You cannot express your own opinion
- You have trouble communicating
- There are unrealistic expectations for yourself and others
- You feel isolated from friends and family
- One person makes all the decisions
- You feel intimidated by looks, actions, tone of voice
- There is the threat of suicide or the person will leave
- There is undue jealousy of your friends, family, time
- There is destruction of your property or pets
- Your children are being used against you
- You feel angry, depressed, trapped, or suicidal
- You yell at others, especially those you love
- You've been verbally, sexually, physically abused
- You feel alone with no one to confide in
- There is no respect of privacy
- When you share things, they are used against you
- You are constantly second-guessing yourself, “What's wrong with me? What did I do?”
- You believe you had a difficult childhood, but it doesn't affect you now
- You believe that if your partner would just change, everything would be fine

If any of these statements apply to your relationship

THERE IS HOPE
Calls and Sessions Are
CONFIDENTIAL

BREAK FREE

from the **Past**

... To Become the Person
You *Desire* to Be

Learning to Live
Learning to Love

WHAT IS LIFE SKILLS?

LIFE SKILLS is a network of affiliate centers around the nation, whose trained facilitators teach the "Learning to Live, Learning to Love"© curriculum.

WHAT IS THE GOAL OF LIFE SKILLS?

LIFE SKILLS teaches skills that a person would have otherwise learned in a balanced, healthy home between birth and the age of 18. Implementing these new skills will enable individuals to rebuild their life and improve their self-image. Our goal is to help each person increase their capacity to function in relationships, and where possible, to offer hope of reconciliation.

WHAT IS THE WEEKLY PROGRAM?

Our 28-30 week program consists of one three-hour session each week. Our "Learning to Live, Learning to Love" classes are conducted separately for men and women, and each student is treated with respect and dignity. Our facilitators present the curriculum through oral presentation, workbook study, group discussion, DVDs, and other visual aides.

DR. PAUL HEGSTROM, the founder of LIFE SKILLS INTERNATIONAL and author of the books

Angry Men and the Women Who Love Them (1999) and *Broken Children/Grown Up Pain* (2001) was an abusive husband and father. His pattern of abusive and reactive behavior drove him to divorce his wife, abandon his children, and nearly lose his life. He made a complete recovery, remarried his wife, Judy, and restored his family. Paul's story of abuse and recovery was documented in an Emmy-nominated 1996 CBS Television movie entitled "Unforgivable" starring John Ritter. Paul has been featured on many radio and television programs including "Focus on the Family" (Dr. James Dobson), "Marriage on the Rocks" (TBN), "Praise the Lord" (TBN), "Sally Jesse Raphael," "USA Today," "700 Club," "Family Life Today," Daystar Television, "The New Jim Bakker Show," Moody Radio "The Dana Sturgeon Show" (KPRZ), and many more.

Dr. Hegstrom earned a Ph.D. in Pastoral Marriage and Family Therapy; an M.S. in Marriage and Family Therapy and a B.S. in Pastoral Counseling from Evangelical Theological Seminary. He also held an Honorary Doctorate of Humane Letters from Evangelical Theological Seminar, Marshfield, MO. (1998).

Paul was a member of AACC (American Association of Christian Counselors), CAPS (Christian Association of Psychological Studies), and NAFC (National Association of Forensic Counselors). He was an internationally recognized authority on attitude and behavioral changes.

LIFE SKILLS INTERNATIONAL is a non-profit organization, founded in 1985.

Paul's background, experience, and research has been set into curriculum form and is being taught in group settings around the world (see www.lifeskillsintl.org).

WHAT IS THE "LEARNING TO LIVE, LEARNING TO LOVE" CURRICULUM?

The curriculum was originally created to support and aid people involved in abusive relationships. However, LIFE SKILLS has proven to fine-tune and bring enrichment to any relationship, whether abuse is present or not.

We have discovered that past hurts shared within the group setting have common root issues. Most adults have personal experience with abuse or rejection at some point in their lives. The common issues can be one or a combination of physical, verbal, psychological, emotional, economic, and even silent abuse, along with stalking, rejection and other forms of manipulation and control.

WHAT ARE THE CLASS FEES?

Class fees are determined at your intake session; based on a sliding scale

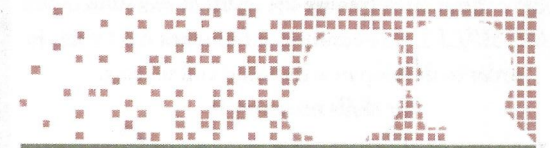
575-935-4411

www.lifeskillsclovis.com

CLASS REGISTRATION

If you are interested in signing up for a class, please call LIFE SKILLS to schedule an initial intake appointment. This appointment will allow you an opportunity to fill out the necessary intake packet, meet your facilitator, determine your personal class fee, and address any questions or concerns. When attending your initial intake session, please be prepared with three recent check stubs and cash or check for the materials fee, which covers your registration, workbook, and class materials. Intakes must be completed before the class start date.

At LIFE SKILLS, we offer a 28-30 week "Learning to Live, Learning to Love" program for men and women, separately.



LIFE SKILLS LEARNING CENTER

Learning to Live, Learning to Love

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Clovis, NM 88101

lifeskills@matt25clovis.com

Heidi (Hegstrom) Stupavsky President and CEO / Trainer

Heidi has worked for Life Skills International since 1985 and has recently taken on the role of President and CEO after the passing of her father, Dr. Paul Hegstrom. She has been the Executive Director of her own Life Skills Affiliate and has been involved in every aspect of LSI Home Office, including facilitating many women's and youth classes, traveling with her parents, and taking part in many of the interviews in which Dr. Paul and Judy Hegstrom were featured.

