

IMAGO GETTING THE LOVE YOU WANT RELATIONSHIP WEEKEND THE CHRISTINE CENTER

Margaret and Jason are pleased to welcome you to the IMAGO Relationship Getting the love you want relationship weekend at the Christine Center. During the weekend we will use IMAGO theory to take you and your beloved relationship on a transformative journey. We will support you in creating a long-lasting and satisfying relationship using practical tools/strategies. This deep dive weekend retreat will introduce you and your partner to IMAGO Relationship Therapy and help turn frustrations into growth and renew/refresh passion and pleasure in your relationship.

For the weekend we have a couple of requests.

1. Please bring a baby picture of each of you. It can be a copy but printed would be preferred. If not printed digital is OK.
2. Please bring your favorite joke to share with the group.
3. Each of you should take the love language quiz prior to the weekend. It will take ten minutes. This can be found at <https://5lovelanguages.com>
4. Everyone has different temperature preferences. Recommend dressing in comfortable clothes and layers.
5. You may wish to bring a bathing suit; there is a rustic sauna on campus.
6. The weekend builds on itself and it is important to plan on being present for the entire weekend and adds to the safety and cohesion of the group.
7. Bring a curious MIND and an open HEART!!!

Below is the itinerary for the weekend. There may be some adjustments as we proceed but this is generally the itinerary for the weekend.

We look forward to this incredible experience with you.

Sincerely,

Margaret and Jason

FRIDAY AFTERNOON

Check in after 3pm

Contact the Christine Center at welcome@christinecenter.org or by phone at 715-267-7903
[Christine Center, W8303 Mann Road, Willard WI 54493](#)

5pm Meditation in chapel (optional)

5:30-6:30pm Dinner

FRIDAY EVENING 6:30 - 9:30pm

Welcome

Logistics

Introduction of Margaret and Jason

Participant Introductions

IMAGO Tree

Purpose of the workshop

Enhancing the positives

BRAIN TALK- the Evolutionary Journey.

High Energy Fun-Lover/kitten/air guitar

Zero Negativity Pledge

Joyful Aliveness

Developmental Baggage

Unmet Needs

Lost Parts

Protections

What is Imago?

Stages in a Love Relationship

PICK, PROJECT, PROVOKE, BECOME

High Energy Fun- See Saw

The Foundational Tools

Gratitude Dialogue

Parental Profile

Guided Meditation

SATURDAY 9:00 - 12:30 PM

Breakfast 8-9am

MEDITATION

Guided imagery

Childhood Synthesis

Parent/Child Dialogue

Summary of Your Childhood Experiences

High Energy FUN seesaw

Unmet Needs- Psychological Journey

Lost Parts- Sociological Journey

Octopus/Turtle- Relational Dance

Maximizer/Minimizer game

Caring Behavior

SATURDAY 12:30 - 2:30 PM LUNCH and FREETIME

Lunch 12:30-1:30pm

SATURDAY 2:30 - 5:30PM

Validation

Empathy

Reaction Dialogue

Exits

Creating Your Dream Relationship vision

Sweet Moments Dialogue

Sensate focus and holding. Lights down.

Guided Imagery

Dinner 5:30-6:30pm

9:00 - 12:30 PM Sunday Morning*

Breakfast 8-9am

Check in

Centering

The Gold in the Power Struggle

Changing Complaints to Requests

High Energy Fun- Alternate Routes Song

How I Contribute to the Nightmare dialogue

Fun

Flooding Exercise

Wrap Up...closing ceremony, final guided meditation and evals during lunch.

Lunch 12:30-1:30

*Please plan to be out of your room/hermitage by noon.