



# Faithful & True

## The Recovery Report

April 2017

Mark & Debbie Laaser, Founders of Faithful & True

Welcome to the April 2017 issue of *The Recovery Report*, the official monthly e-newsletter of Faithful & True. We are looking forward to the official arrival of Spring here in Minnesota, as temperatures are rising, the sun is making more frequent appearances, and we are starting to see green in our lawns! We hope that no matter where you live, your spirits are being lifted by this change of season.

In this issue, our Feature Article will provide you with a brief introduction to **Hula Hoop Health**, a very effective exercise that we teach in our counseling practice. We hope you'll enjoy using some of the "hoop language" that develops from this exercise!

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Feature Article:  
**HULA HOOP HEALTH**

If you were visiting our counseling center, you would notice that we have many hula hoops around our building. They represent an important part of developing a healthy life and healthy relationships. We teach that your "hoop" represents everything about your life as an individual: where you grew up, your family, how you were parented, your ethnicity, your educational experiences, your physical and sexual development, your faith journey, your relationships, your behaviors, your beliefs, your values, your expectations, and more. Your "hoop" is everything about you.

Your "hoop" also influences everything about you and what you think, feel, and believe about yourself and others, and it effects who you are in all your relationships. As an adult, you are responsible for your "hoop", the person you are today. Much of our counseling is devoted to helping you become the best person you can be—the person God calls you to be.

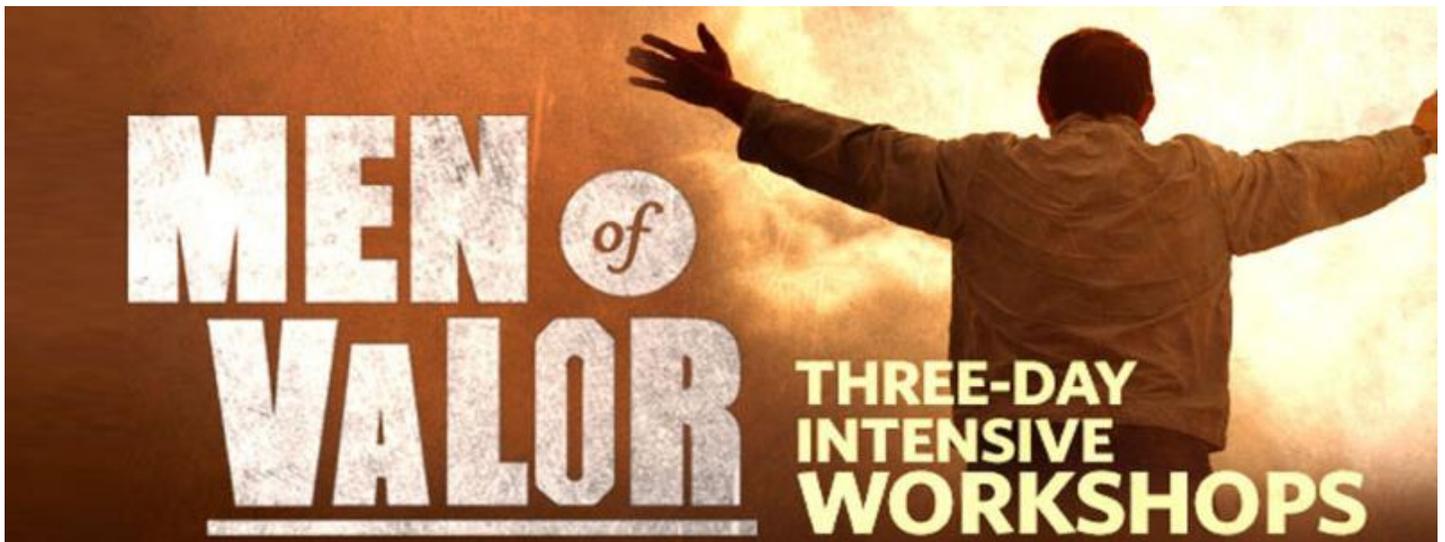
We also teach that when we marry, both you and your spouse bring your "hoops" into the marriage, and create a third "hoop" we call the couple's hoop. We believe that while your "hoop" represents who you are when you enter into a significant relationship such as marriage, there are developmental stages you experience as the two of you live out life together in your "hoops". Just as we moved through stages as an individual growing up, we know that a relationship moves through stages, too, to "grow up" and be healthy. We know that after saying "I do", we do not just live happily ever after. Relationships that thrive take a lot of work.



We have a demonstration called "Hula Hoop Health" to explain how a couple develops over time. It can help you know where you might be stuck in your relationship--what stage may need more attention. We also use the demonstration to create vision for what a healthy marriage would look like for you. We have fun with this teaching and we hope you might enjoy participating in it yourselves. Grab three hula hoops and join us! The complete chapter that we wrote and illustrated for you is included in our [Toolkit for Individuals & Couples](#) and also available as a new pdf E-Product in our online store: [faithfulandtrue.com](http://faithfulandtrue.com). It is called "Hula Hoop Health".

Debbie & Mark Laaser

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### WORKSHOPS UPDATE

To live your life with sexual integrity, moral accountability and purpose are all components of becoming a Man of Valor... the man God calls you to be. If you are among the millions of men struggling with pornography and other sexual purity issues, **WE CAN HELP**. Register for the upcoming Men of Valor 3-Day Intensive Workshop by visiting our website: [faithfulandtrue.com](http://faithfulandtrue.com) or calling us at **952-746-3880**.

Our next workshop dates are **April 20-22, 2017** at our counseling center in Eden Prairie, Minnesota and we still have space available for you to join us! Facilitated by Dr. Mark Laaser, M.Div., Ph.D., and Dr. Greg Miller, M.Div., D.Min., the **Men of Valor 3-Day Intensive Workshop** has been rated as "life changing" by many of the men who attend this event.

Here is the upcoming 2017 schedule of Men of Valor Workshops:

- April 20-22, 2017**
- May 18-20, 2017**
- June 15-17, 2017**
- July 13-15, 2017**
- August 17-19, 2017**
- September 14-16, 2017**
- October 12-14, 2017**
- November 9-11, 2017**
- December 7-9, 2017**

Visit our website for more information or call us at **952-746-3880**.



If you are a woman who has been sexually betrayed, Faithful & True offers a **Women's Journey 3-Day Intensive Workshop**. This workshop is led by Debbie Laaser, LMFT, and Beth Miller, MA, both of whom have walked through the healing journey after sexual betrayal.

Here is the 2017 schedule for our upcoming Women's Journey 3-Day Intensive Workshops:

**June 1-3, 2017**

**October 5-7, 2017**

For more information and to register for this workshop, visit [faithfulandtrue.com](http://faithfulandtrue.com) or call us at **952.746.3880**.

Our **Couple's Intensive Workshop** is for couples who have experienced sexual betrayal and are longing to expand genuine relational intimacy. Our desire is to help those couples become companions in life, building emotional and spiritual intimacy. For more details, visit our Couple's Workshops page on our website.

The schedule for our Couple's 3-Day Intensive Workshop is as follows:

**August 3-5, 2017**

**November 2-4, 2017**

Call us to register for this workshop today at **952-746-3880**.



### **The Toolkit for Individuals and Couples**

Mark & Debbie Laaser have created this new resource with ten effective exercises that have proven to be transformative for couples and individuals. Learn how to participate in Full Disclosure, create an Abstinence Contract, share in Healthy Communication with your spouse, and much more. The Toolkit for Individuals & Couples has taken years of counseling experience with thousands of individuals and couples to create. The Laasers now share with you the fruits of their knowledge & experience.

Visit our online store to purchase **The Toolkit for Individuals & Couples** for \$89.

