

## Do you believe that...

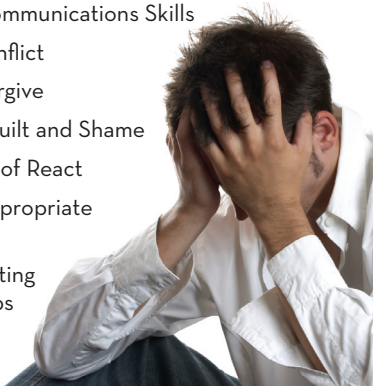
- If you really knew me you wouldn't love me
- Everything is always my fault.
- I had some trauma in my life, but it doesn't affect me now.
- If my partner would just change, everything would be fine.
- I can't seem to develop any close relationships.
- It is not okay for me to make mistakes.
- Why do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

## 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".

## Topics Include

- Manage & Resolve Anger
- Identify & Break Cycles of Abuse, Negative Thoughts, Feelings and Behaviors
- Understand the Effects of the Past
- Deal with Emotions
- Increase Communications Skills
- Resolve Conflict
- Learn to Forgive
- Deal with Guilt and Shame
- Act instead of React
- Develop Appropriate Self-Esteem
- Healthy Lasting Relationships



Dr. Paul Hegstrom, founder of Life Skills International (LSI), has earned a Ph.D. in Pastoral Marriage & Family Therapy; an M.S. in Marriage & Family Therapy and a B.S. in Pastoral Counseling, Evangelical Theological Seminary. He holds an Honorary Doctorate of Humane Letters, Evangelical Theological Seminar. He is a member AACC, (American Assn. of Christian Counselors). Member CAPS, (Christian Assn. of Psychological Studies), NAFC (National Assn. of Forensic Counselors) & an internationally recognized authority in attitude and behavioral changes.



Dr. Hegstrom is author of the books, *Angry Men and the Women Who Love Them* (1999 and 2004) and *Broken Children/Grown Up Pain* (2001). 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 has since made a complete recovery, remarried his wife and restored his family. Paul's story of abuse and recover was aired in 1996 in an Emmy-nominated 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 others.

LSI is a non-profit organization, founded in 1985. Paul's background experience and research have been put into a curriculum form that is being taught internationally in group settings (see [www.lifeskillsintl.org](http://www.lifeskillsintl.org)), including San Diego.

Life Skills Learning Center of San Diego is an affiliate of LSI with Ron Clough and Debbie Berry as the Directors. All of our facilitators have been trained by Dr. Paul Hegstrom. The 30-week classes are taught throughout San Diego County and begin on a regular basis during the year.

## LIFE SKILLS SAN DIEGO

Ron Clough and Debbie Berry, Directors

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## Break Free From The Past

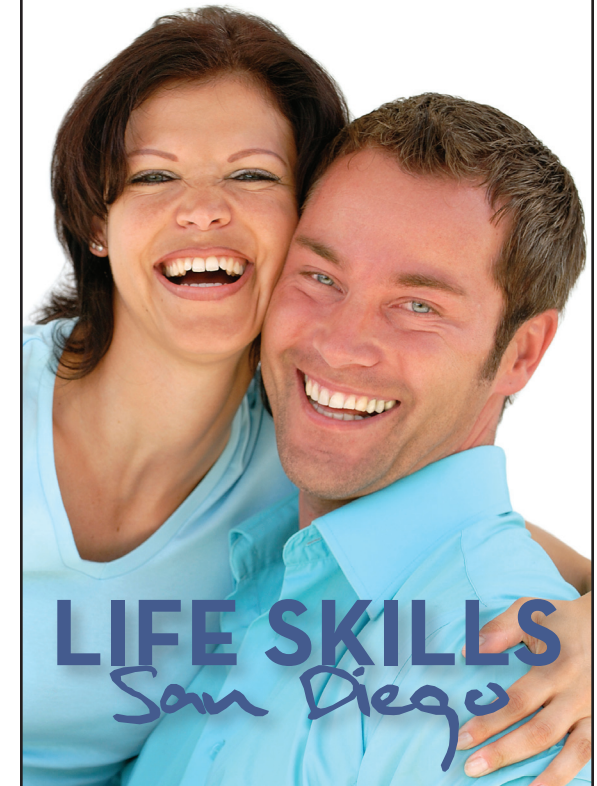
Single

Married

Engaged

Separated

Divorced



# What is Life Skills?

**Life Skills** is a 501(c)(3) non-profit educational organization dedicated to teaching skills to help uncover the root causes of behavior patterns in our lives. Classes are held at various locations throughout the county.

## What is the “Learning to Live, Learning to Love” curriculum?

Life Skills has been proven to fine-tune and bring healing and enrichment to any individual or relationship, whether abuse is present or not. We have discovered that past hurts shared within the group setting have common root issues; at some point in their life, a person had a personal experience with either abuse or rejection.

The common issues can be one, or a combination of physical, verbal, emotional, sexual, economic, silent abuse, stalking, rejection and other forms of manipulation and control.

## What is the Weekly Program?

Our 30-week program consists of one 3-hour weekly session. “Learning to Live, Learning to Love” classes are conducted separately for men and women. Everyone is treated with honor, dignity and respect. Our facilitators present the curriculum through an oral presentation, workbook study, group discussion, videos and other visual aids.

## What is the goal of Life Skills?

We teach skills that a person would have learned in a balanced, healthy home between birth and 18. These skills help participants learn to rebuild their lives and improve their self-image. Our goal is to help each individual increase their capacity to function in relationships, and where possible, to offer hope of reconciliation.

## What are the class fees?

Class fees are based on a sliding scale according to each family’s gross annual income. Your class fee will be determined at your intake appointment. Class fees are paid at the beginning of each class.

## Class Registration

If you are interested in signing up for class, please call Life Skills San Diego to schedule an intake appointment. Intake appointments must be completed before the class start date.

The intake appointment lasts approximately one hour. At the intake, you will fill out the necessary registration packet with your facilitator, determine your personal class fee, and establish your goals for the class.

Calls and sessions are strictly confidential  
**858.722.1881**

There is hope!

[www.lifeskillssandiego.com](http://www.lifeskillssandiego.com)

**Our goal is to help each individual increase their capacity to function in relationships, build character maturity and where possible, to offer hope of reconciliation.**

