

Can you say “Yes” to any of the following statements?

- There is blaming, cursing or name calling.
- We have trouble communicating.
- There is undue jealousy of my friends, family and/or time.
- When I share things, it’s used against me.
- My partner/friend/co-worker seems to tune me out and never really communicates with me.
- Household / Office responsibilities are not shared.
- There are mind games or put-downs.
- One person controls the finances.
- One person makes all of the decisions.
- Sex is not a “mutual” agreement.
- There is control of outside activities, interests and/or friendships.
- They threaten to commit suicide or leave me.
- There is destruction of my property or my pet.
- My children are being used against me.
- There is no respect for privacy in our home.
- There was abuse/rejection in my childhood.
- I make excuses for my/their behavior.
- I have unrealistic expectations for myself or others.
- I am constantly guessing what I did wrong.
- I feel angry, depressed, trapped or suicidal.
- I yell at others, especially those I love.
- I live in fear in my home or of leaving.
- I’ve been verbally/sexually/physically abused.
- I see a “Jekyll and Hyde” personality.
- I feel isolated from my friends and family.
- I cannot express my own opinion.
- I feel intimidated by looks, actions or tone.
- I feel alone with no one to confide in.
- I struggle with feeling rejected.

Addressing Addictions. Healing Hearts. Mending Marriages. Changing Lives.

Northern Lakes Life Skills
2750 Bible Camp Road Suite #3
Rhineland, WI 54501
A Division of Freedom Life Skills, Inc.

Northern Lakes Life Skills

“Learning To Live, Learning To Love”



Become The Person You Desire To Be!

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What Is Life Skills?

Life Skills is a network of affiliate centers around the world whose trained Facilitators teach the “*Learning to Live, Learning to Love*” curriculum. This proven curriculum has been changing lives around the world for over 25 years!

What Is The Goal Of Life Skills?

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



Who Can Benefit From Life Skills?

Life Skills was originally created to deal with abusive behavior within relationships. Since that time, it has expanded to work with a wide range of people. Our clients include:

- At-Risk Families
- At-Risk Youth
- Business and Church Leaders
- Employees
- Married Couples
- People Struggling With Addiction
- Prisoners / Parolees

This program works with anyone who is interested in learning why they react the way they do and who want to improve their relationships with others.

Life Skills International is a non-profit organization founded in 1985 by Dr. Paul Hegstrom, an internationally-recognized authority on attitude and behavioral changes. This curriculum - based on Dr. Hegstrom’s background, experience and research - is being taught in group settings around the world.

For more information on Life Skills International, please visit www.lifeskillsintl.org. (Phone Number 303-340-0598)

How Does Life Skills Work?

Life Skills teaches skills that a person would have otherwise learned before the age of 18 if they came from a balanced, healthy home. Implementing these new skills enables each individual to rebuild their life and their self-image.

How Are Classes Taught?

There are two different types of Life Skills classes to choose from. We offer a 26 week, 3-hour-per-week class offered in a community near you. We also offer a one week, intensive residential program located at our Rhinelander location. (There is an additional charge of \$350 for room and board)

Men and women participate in separate classes taught through lecture, workbook study, videos, visual aids and group discussions. Participants are given projects and assessments to complete on their personal time to help them determine areas in their lives that need to be addressed.



What Are The Class Fees?

Individuals are charged on a sliding scale according to household income. Businesses, Schools, and Prison programs are charged at a flat-rate fee per person. Your class fees will be determined prior to the start of your class.

Why Use Life Skills?

Life Skills teaches the “*Learning to Live, Learning to Love*” curriculum. We have discovered that past hurts have common root issues.

These common issues result from different forms of emotional, physical, verbal and even silent abuse. They are also the result of rejection, stalking and other forms of manipulation and control. Most adults have had personal experience with abuse or rejection at some point in their lives.

The result of these root issues are behaviors that are unexpected and undesired and that appear to have no basis. These can include:

- Anger
- Competitiveness / Hypercompetitive
- Control Issues / Manipulation
- Critical Attitude / Judgmental
- Emotional Instability
- Fear Of Failure
- Guilt And Shame
- Inability To Work With A Team
- Insecurity / Lack Of Trust
- Loneliness
- Marriage / Relationship Issues
- Poor Self-Esteem
- Trouble Holding A Job

If you are struggling in any of these areas, Life Skills curriculum has been proven to help.

If you have questions about how Northern Lakes Life Skills can help you or your organization, please contact Mike Jewell at (715) 203 - 0502 or email him at mcjewell@charter.net