



In Conjunction with M/C Insights, Inc.

# Course Information Sheet

## Singles Adventure

Course Date

City

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone ( \_\_\_\_ ) \_\_\_\_\_

Work Phone ( \_\_\_\_ ) \_\_\_\_\_

E-mail \_\_\_\_\_

Complete this form and return to:  
**16 Beech Drive**  
**Maggie Valley, NC 28751**  
Or fax to:  
**828.944.0357**  
Or e-mail to:  
**mel@mcinsightsinc.com**

This Course Information Sheet (CIS) gives us the information that will allow us to be more helpful to you in your Singles Adventure Course. This information enables us to focus on your individual objectives for the course. It will help them greatly if you **type or print clearly** the answers to the questions. Thank you for your cooperation. We're looking forward to making your Singles Adventure Course a very rewarding experience for you.

### Your Goals for the Singles Adventure Course

What type of romantic relationship would you like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would you like to gain from attending the Singles Adventure? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Additional Information

Describe the relationship between your parents. \_\_\_\_\_  
\_\_\_\_\_

How did you find out about sex and what are your current beliefs about sex? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What was the duration of your last 4 relationships? 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

What is your greatest challenge in seeking, finding and maintaining a relationship? \_\_\_\_\_

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In your last 2 relationships how did you meet? How did the relationship end?

1. Met: \_\_\_\_\_  
Ended: \_\_\_\_\_
2. Met: \_\_\_\_\_  
Ended: \_\_\_\_\_

## Early Recollections

Print or type four of your early recollections. It does not matter how old you were as long as the memory is the earliest experience you remember that meets the stated requirement of the recollection. An early recollection describes a specific one-day event. Examples:

Example #1 age 7. One day I was riding my bike on the street and my brother yelled at me to stop. I felt scared.

*Example #1 qualifies as an Early Recollection because it describes an actual event.*

Example #2 "My brother and I used to ride our bikes on the street."

*Example #2 does NOT qualify as an Early Recollection because it describes something that happened often and does not give the details of specifically what occurred on one day. It is also missing the age and how he felt.*

Age

Recollection:

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How you felt \_\_\_\_\_

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Age

Recollection:

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How you felt \_\_\_\_\_

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Age

Recollection:

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How you felt \_\_\_\_\_

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Age

Recollection:

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How you felt \_\_\_\_\_

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## **Vision Information**

Describe your ideal relationship \_\_\_\_\_

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List the past hurts you have from previous relationships, including the relationship with your parents. \_\_\_\_\_

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