

Residential & Intensive Group Testimonials

Life Changing ...

The residential course has been excellent, but in a week it is a lot to take in. The insight has been amazing and it has really changed my life.

The residential was a **life affirming, life changing** experience that started with 6 disparate, scared, lonely blokes who all underwent a journey of self discovery and ended with 6 comrades so much better equipped to deal with the challenges of life and addiction.

My life was totally out of control and rotten. I have lurched from one failed attempt to give up abusive and damaging sexual behaviour to another. For the first time in my life I feel armed with a certainty that I have an addiction that needs to be, and can be, cured. For the first time I can understand the genesis of my behaviours and how they went from comfort to addiction. I now know **practical guidelines** within which I can restore myself to mental, emotional, moral and sexual health. I believe that I will come to recognise this week as **the most important in my adult life**, because finally I feel armed to stay clean, sober, safe and honest. Thank you.

I started the course full of trepidation and feeling alone with my problem. I left the course full of hope and with a network of support from my fellow recovering addicts. Thank you for giving my life meaning again.

Thank you for changing my life. I nearly wrote saving my life, but that might be open to debate whereas changing my life is definitely not. The week was an utterly incredible experience for me.

Can I firstly say what a different outlook on life I am starting to have. Having got back from the residential, I have felt a different, more focused human being.

The most emotional experience I have experienced that has made me get in touch with my true feelings. The course has helped me to understand who I am, and why I am.

I never imagined that I could learn more about myself in the last 7 days than I have in the last 30 years. It's not about the answer it's about showing your working out. We have had 7 days of the working out. Enough is Enough! Learn to only do enough and learn to use what time you save to appreciate the enough that you have.

Course was excellent. **Best decision I have ever made in my life** was to come. I have all the tools now to really change my life. Never realised until now how profoundly my childhood has influenced my life.

I have found the course to be the **most enlightening experience of my life**. It has made me take a good hard look at myself, face up to what I have become and strive to be a better person. Someone who can finally re-establish core beliefs and values by which to live out the rest of my life.

I have found the course a real roller coaster from denial, shame, exposure, enlightenment and **hope**. The feeling at the end of the week is a real sense that I have a life – a fulfilling life. Hopefully with my wife, but if not, I have learnt so much more about myself, values and what is important that I know **my life has changed for ever**. I have the awareness, tools and supportive group to finally look at the man in the glass and feel free from shame.

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Empowering ...

The residential was very profound, moving, helpful, inspiring, humbling, thought provoking, hilarious at times, terribly saddening at others, strengthening, instructive. Thank You.

Great, indeed **very powerful** to be with the brotherhood. It's anchored for sure.

I arrived ready to run away and hide. I survived the first day feeling **positive**. I will never forget this week. Thank you.

Beautifully structured and led us gently but inexorably into a **safe environment** where we could let our defences down and allow our stories, and emotions, to emerge. I arrived back home shattered but feeling so positive about the mass of work I know I have to do.

I've definitely had my eureka moment whilst on the course. I've constantly tried to hide and be visible at the same time – too scared to lose people. But I can see there's no harm in actually showing how I feel.

A powerful experience. It is natural to feel apprehension about working in a group. Having been through the experience I can testify that it is the most powerful part of the programme. Don't underestimate the power of a collective!

Excellent, well structured course which I felt led thoroughly through the maze of the how, why and what roads lead to sexual addiction My fears of working in a group were completely dispelled. **Recommended!**

The residential course has helped me greatly because of the value added in working in a group and sharing each others stories.

Very reassuring to now **I am not alone**. I am optimistic about my sex addiction but not about my relationship – but it's early days.

I was dreading telling my story, showing my emotions and telling what I had done. Afterwards **I felt as if a weight had been lifted**.

The most profound aspect was the 'group' – the process of listening to their stories and reflecting on my own

I was sceptical of group work at first, but **the benefits were incredible**. Highly recommend the course.

I thoroughly enjoyed the course, most of all the bond that I built up with the guys. I found the advice and exercises **very, very useful** and I hope to have made some friends that will last for many years.

I arrived at the course scared, scared of myself, my own cynicism, feeling like I was too broken different, like this wouldn't work for me. This week has been the most powerful life changing week of my life. **I feel armed with the tools to tackle my addiction but furthermore, live a full and healthy life.**

This has been one of the most difficult, enlightening, emotional, hilarious, soul searching weeks of my life. I am not glad of my addiction, but I am glad it has led me here. **I have hope that I can change which I didn't have before**. The group is amazing and I was amazed at how quickly and deeply we bonded.

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Enlightening ...

The residential – massive amount of information. Painful process. Exhausting. **Extremely enlightening and refreshing.**

As well as giving me the tools to start my road to recovery, it has given me a **massive insight** into me, what has made me the person I am today, both on a sexual and non-sexual level.

The course content was thoroughly relevant (often to an unpredictably diverse audience), **immensely practical, enlightening and educating**, and most of all helpful. Personally, I took a lot from the week, and while putting it into practice is brining certain challenges, I feel so much **better equipped** to deal with some of those situations now. So thank you. Thank you very much.

Close, informative style of course. **Highly informative.** It was surreal at times but also very natural. Rollercoaster Ride, but supportive.

A thoroughly enjoyable, worthwhile and **illuminating** course. I learned so much about myself and my addiction. I know that the Hall Recovery Course was **most definitely the best decision I have made to face my problem and do something about it.**

Really great course, incredibly useful and informative in battling sexual addiction.

I have found the course **very informative and useful.**

Psycho-educational programmes

For the treatment of sex & pornography addiction and support programmes for partners