



**Self-Awareness Institute**  
**5777 Madison Avenue, Suite 307**  
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## **Self-Awareness Weekend**

### **Letter to Household Members**

To **household members** of our Self-Awareness Weekend participants:

We have a request of you.

For this weekend, we ask your help in making our participants' experience as fully powerful and impactful as it can be. When that happens, everyone benefits.

We ask that our participants take quiet, introspective time for themselves after the program ends on Friday, Saturday, and Sunday nights. For those of you who live locally, this includes not interacting with you or others, so that they can fully absorb all that's happened during that day. We know it's difficult to have a loved one return home and not get caught up in a conversation about day-to-day activities—that's why we're asking your help.

If at all possible, please assist this special person in having what might be the most impactful weekend of their lives. Please give them quiet time to be alone. Please refrain from asking questions, for favors, doing household chores, helping out, or asking them to listen to you.

For those of you who live out of town, this includes making or receiving phone calls with you over the course of the weekend.

It would be most appreciated. Just wait until you see the changes - you just might want the same for yourself!

Thanks for caring about this special person, and helping us create a truly life-enhancing experience.

Warmly,

**The Self-Awareness Institute**  
Andrea Lambert, LMFT  
Shannon Lee, CCHT