

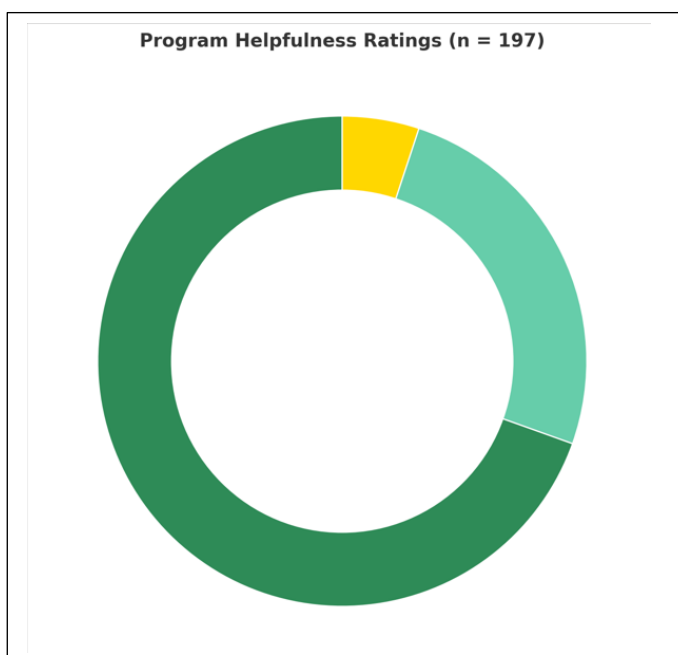


Let Love Happen Post Program Survey Feedback Form

Last updated on Oct 3 2025

A) How have you found the level of support provided through the Let Love Happen program generally? (select one of the first four and use comment box for additional comments)

Rating	Count	Percentage
Extremely helpful	137	69.5%
Very helpful	50	25.4%
Somewhat helpful	10	5.1%
Limited in its helpfulness	0	0%
Total responses	197	100%

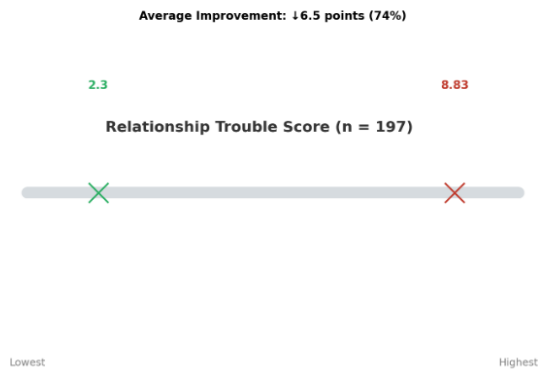


Interpretation

- Nearly 70% of respondents found the service extremely helpful, showing strong impact and deep perceived value.
- 94.9% rated it very or extremely helpful, confirming consistently high satisfaction and effectiveness.
- Only 5% found it “somewhat helpful,” with no negative or limited ratings, suggesting minimal dissatisfaction and excellent overall program resonance.



B) What would you consider your relationship trouble score to be today, at the near-completion point of the program (with 1 being in no trouble, and 10 being in extreme trouble)?



Relationship Trouble Score – Before and After the Program

Stage	Average Score Change	
Commencement	8.83 / 10	
Completion	2.30 / 10	↓ 6.53 point reduction (74% improvement)

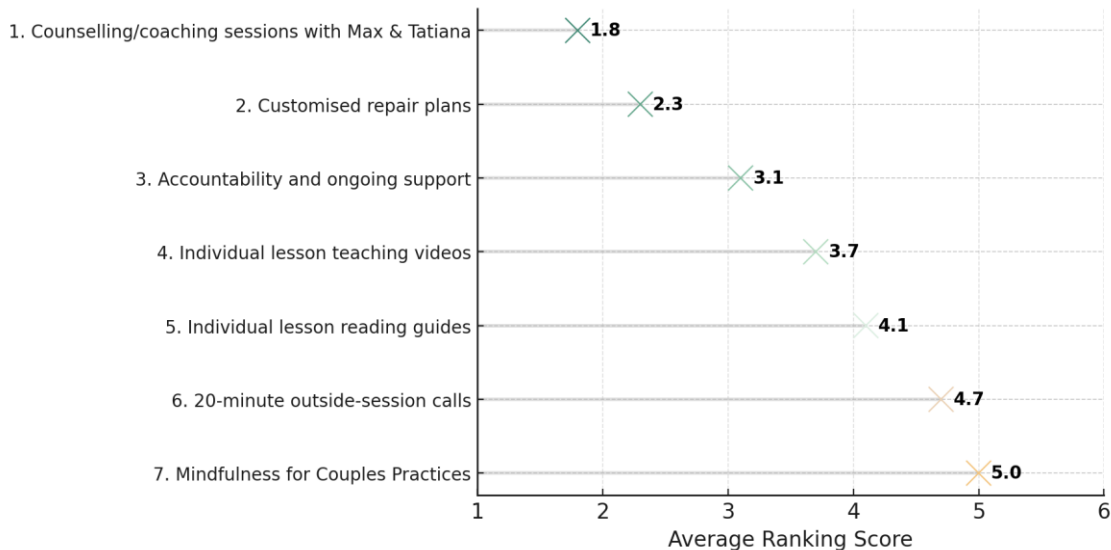
Interpretation

- The average score dropped from 8.83 to 2.3, reflecting a 74% reduction in perceived relationship distress.
- This indicates that by the end of the program, most couples moved from high distress to low or manageable levels of conflict.
- The data suggests the program not only provides tools for crisis repair but also facilitates sustainable emotional reconnection and trust rebuilding.



C) In order of priority, what support elements in the program did you get the most out of? (rank them from 1 to 7 where 1 is the most helpful)

Most Helpful Elements of the Program (1 = Most Helpful)



Rank Program Element		Interpretation
1	Counselling/coaching sessions with Max & Tatiana	Most valued and impactful element - core driver of transformation.
2	Customised repair plans	Strongly appreciated as practical, actionable, and personalised.
3	Accountability and ongoing support	Reinforces consistency, motivation, and follow-through.
4	Individual lesson teaching videos	Useful for conceptual reinforcement.
5	Individual lesson reading guides	Helpful for reflection, but less interactive.
6	20-minute outside-session calls	Appreciated but secondary to the main program structure.
7	Mindfulness for Couples Practices	Selectively valued - resonates with some couples but not all.



In a few words tell us how was your relationship before getting support through Let Love Happen and how is your relationship now?

Essay

Date	Answers
Oct 1	Before the program, I didn't know how to speak without attacking or defend myself without shutting down. Now, we can talk through our hardest moments without losing each other. That's been life-changing.
Sep 22	We were lost in years of resentment. Through LLH, we found the courage to forgive. Our home feels lighter, our marriage safer, and our love deeper than it's been in a decade.
Sep 16	LLH gave us the tools to pause instead of react.
Sep 7	We've stopped fighting over who's right and started asking how to make it right.
Sep 4	When we came to Let Love Happen, we were in the middle of a quiet war, lots of silence, hidden hurt, and distance. Tatiana and Max helped us translate what was really underneath it all. We started to see that behind our anger was grief and behind our defensiveness was fear. That awareness changed everything.
Aug 23	Before, I felt like we were roommates. Now, I feel like we're a team.
Aug 2	Let Love Happen was a turning point for us. It helped us move from emotional survival to emotional safety. I'm finally hopeful again not because everything's perfect, but because we've learned how to repair when it isn't.
Jul 23	We were distant and not acknowledging our needs. The trust necessary for pretty much anything to function in a relationship had broken down - not because of any one event but years of not acknowledging what needed to be acknowledge and heard.



Date	Answers
Jul 20	Before LLH, every conversation ended in frustration. Now, we can actually hear each other and even when we disagree, it feels respectful.
Jul 17	We had stopped touching, laughing, and sharing. LLH gave us permission to start again.
Jul 14	I was emotionally exhausted and ready to walk away. Now, I feel reconnected to both myself and my partner.
Jul 10	When we started, I wasn't sure this program would work. We'd tried so many things before. But something about the way Max and Tatiana approached our pain with compassion, structure, and truth made it possible to face what we'd been avoiding. I feel like we're finally living the marriage we always wanted but didn't know how to build.
Jul 9	Before, our marriage felt like constant tension. Now, there's calm.
Jun 30	Before this journey, we were just trying to survive the days juggling work, parenting, and constant miscommunication. We loved each other but didn't know how to reach each other anymore. This process helped us slow down, rebuild empathy, and remember that we're on the same side.
Jun 28	I felt invisible before starting this journey. Now, I feel understood and valued. LLH didn't just teach us communication... it taught us compassion.
Jun 15	We had lost our way as partners. Through the guidance, reflections, and practical tools, we learned to repair, rebuild, and reimagine our relationship. It's not just stronger, it's softer, truer, and more alive.
Jun 11	I had forgotten what tenderness felt like. Now I experience it daily. LLH helped us slow down, listen, and choose kindness over defensiveness.
Jun 4	We were emotionally disconnected for years. The sessions helped us peel back the layers of grief, resentment, fear and find love underneath it all. It feels like we've started a new chapter.
Jun 1	There's a new level of honesty between us, gentle but real.



Date	Answers
May 30	The process was confronting at times, but it helped us rediscover love's deeper roots acceptance, forgiveness, and choice.
May 17	his process opened my eyes to my own part in our disconnection. Instead of waiting for my partner to change, I learned how to change the way I show up. That shift has healed so much.
May 6	Before starting the program we were in trouble. We thought we had a good relationship but then cracks appeared and things spiralled. LLH allowed us the time and space to work through a number of areas that we didn't even know were a problem and led me to a place of forgiveness through a series of activities that i would never have thought would be helpful for that purpose. It helped us repair what was frayed and to find joy and connection again in a deeper and more secure way.
May 5	Felt unsupported and I was ready to walk. Now I feel that there is hope as we both learn to communicate better and be more empathic.
May 4	fractious Now we are more communicative and certainly more aware of why each other acts the way we do. Thank you both, its has been great! sad, its over
Apr 10	We were on the rocks - I was close to Calling it quits. We now communicate better, and I am full of hope for the rest of our marriage. We are in a much better place now
Apr 8	LLH gave us a blueprint for lifelong love, one built on self-awareness, emotional honesty, and compassion.
Apr 3	I remember feeling hopeless when we first reached out. Every day felt like survival. Through LLH, we found the strength to rebuild trust and rediscover the joy of being together. It feels like coming home.
Apr 1	Our marriage feels renewed. We've learned how to pause, reflect, and respond instead of react.
Mar 26	I feel like we're finally on the same team. We communicate better, love deeper, and fight less. LLH gave us both confidence and calm.



Date	Answers
Mar 22	I used to feel like I was carrying our marriage alone. Now, we both take responsibility for how we show up. We're learning to repair faster, forgive sooner, and celebrate the small wins.
Mar 19	We were surviving, not living. LLH brought back joy, even in the small moments. We were tired and cold with each other. Now, there's warmth again
Mar 17	The program helped us rebuild trust, something we thought was gone for good. Our differences used to scare us. Now, they help us understand how to love better.
Mar 8	We'd grown apart, but LLH reminded us what partnership means.
Mar 6	We used to talk at each other but now, we talk to each other.
Mar 3	We came in angry, guarded, and stuck in old wounds. Max and Tatiana helped us see the humanity in each other again. Now, we listen with empathy instead of judgment, and that's made all the difference.
Mar 2	I used to think healing meant never fighting again. LLH showed us that it's about learning to repair when you do. That mindset shift changed everything.
Feb 24	We're more connected and affectionate than we've been in years. Our relationship feels stable and safe, we've learned to speak each other's language.
Feb 20	We were always good at the logistics of life but not the emotional side. LLH helped us see how much connection we'd lost in the busyness. Now, even small moments feel meaningful again.
Feb 5	then, fine, but not thriving now, we have tools and new types of language to use to support each other
Dec 18, 2024	Our trust has deepened in ways we didn't think possible.
Dec 15, 2024	I used to dread coming home. Now, I look forward to our evenings together. We've created emotional safety, and that's changed everything.



Date	Answers
Dec 14, 2024	Our relationship felt quite rocky at times as we weren't equipped with the tools to deal with certain situations and issues which felt like at times were out of our depth. Receiving the support through Let Love Happen, Max and Tatiana have guided us so we now know and understand each other on a much deeper level and we have the tools to help support us into our future.
Dec 12, 2024	LLH gave us tools we'll carry for life not just for marriage, but for how we love, parent, and communicate as people. I didn't realise how much pain I was carrying until we faced it together. I feel heard for the first time in years.
Dec 12, 2024	We used to avoid hard conversations now they bring us closer, We both stopped giving up on each other. We were disconnected; now we're learning how to reconnect every day.
Dec 10, 2024	At the start of the program, I was exhausted tired of trying, tired of being misunderstood. LLH gave us a structure to find our way back to empathy. It's not that everything is easy now, but we finally have a way to come back to each other when it's hard.
Dec 8, 2024	Let Love Happen helped me understand that repair is an ongoing process. It's changed not just our relationship but how we parent and live together.
Dec 7, 2024	Before LLH, I would have said our marriage was fine. I didn't realise how disconnected we'd become. Now, we communicate with honesty and affection. The difference is night and day.
Dec 5, 2024	LLH helped us learn to slow down and stay present. We used to rush past emotions or bury them. Now, we give each other space to be human and that has transformed our bond.
Nov 24, 2024	The program helped us rebuild from the ground up trust, communication, intimacy. It feels like a brand-new beginning, before it, I didn't know repair was possible. Now, it's our daily practice. We argue less and connect more deeply.
Nov 14, 2024	I felt like we used to just co-exist, between all the usual busy life stuff. Now when we get those rare moments together, I think we really try and connect and make those moments more about quality. Unfortunately, life remains as busy as ever though.



Date	Answers
Nov 13, 2024	As mentioned in the last section, I feel I under appreciated the concerns within our relationship. I feel we were and are well matched, it's just that life's pressures were slowly picking away at our initial harmony and cracks were appearing. I've never thought our relationship was ever threatened to breaking point, however I respect that Nicky prompted us to go on this journey of discovery. Its allowed for a significant reflection of our relationship, we've learnt many positive lessons of respect and appreciation to strengthen our bond long term, and lastly its taught us valuable personal lessons about ourselves and what needs improving. Thank you both.
Oct 29, 2024	We are very different people and we navigate the world in different ways - before Let Love Happen our differences often caused conflict, leaving us not feeling heard and frustrated. Now, we understand our differences better and make a conscious effort to acknowledge them and ensure we both feel heard. We navigate conflict more calmly, with more patience and more kindness. Our relationship feels lighter, more fun!
Oct 29, 2024	My relationship previous was not stable and lacking empathy and emotions. Not getting the support I find we are able to express our need and emotions more freely, understand our needs as a couple and able to communicate and manage conflicts
Oct 28, 2024	It was extremely rocky and fractured and now there feels like there's more stability and understanding
Oct 8, 2024	Our relationship was firm before we started but there were things that we were not confident talking about without guidance. The counselling sessions encouraged deep conversations and we learnt a lot about each other. Having the guidance and reasons to discuss otherwise 'taboo' topics - was essential in allowing us to grow as a couple. Thank you for your help!
Sep 26, 2024	I think that we have both learned a lot about who we are and how we fit together as a couple. Our relationship has improved significantly.
Sep 25, 2024	Relationship before LLH was very strained, poor communication, no affection, lack of interest, very defensive. Relationship now is much more respectful, not defensive, genuine interest and friendliness, more care about the others thoughts and perspective. Concerned that there is still very low level of affection, but it is a work in progress.



Date	Answers
Sep 6, 2024	Before receiving support through Let Love Happen, our relationship faced challenges and felt distant. Now, we communicate openly, understand each other better, and have reignited our connection. It's truly uplifting to see our love grow stronger every day!
Sep 3, 2024	Negative to positive , lack of hope to full of hope , lack Of awareness to being aware , conflicts are part of life
Aug 29, 2024	I feel more connected to Amy and understanding of our situation. A lot more confident on where we are at
Aug 28, 2024	Before getting any support, we both felt unhappy and were angry at each other. We had mentioned the possibility that we could separate. Now we are committed to working more as a team and taking time to understanding how the other is feeling. That it's not a competition against each other. Although still work to do particularly around intimacy, generally we are a stronger team and happier people.
Aug 26, 2024	Relationship before support: Survival mode & unable to deal with conflict very well Relationship after support: have the ability to turn survival into thrive mode & resolve conflict much more effectively
Jul 28, 2024	I feel I understand us together and individually better, I do understand what works and what are our differences and what are the certain things that can trigger and what are the certain things that will make things better. I think it is upon us now to revisit the plans and activities and keep implementing all the goodies in there. We need to be accountable ourselves by making love deposits for each other to keep growing together.
Jul 17, 2024	When we joined LLH, I didn't believe we could find love again. We were both defensive and distant. Over time, we learned to slow down and recognise the patterns keeping us stuck. It wasn't instant, but it was real, and now, we're closer than ever.
Jul 14, 2024	Before LLH, everything felt like walking on eggshells. Now, it feels safe to be honest.
Jun 28, 2024	Our communication has changed completely, it's calmer, more respectful, more loving.



Date	Answers
Jun 27, 2024	was very bad prior on verge of divorce and now is significantly better with the tools & techniques needed to go forward
Jun 3, 2024	Before Let Love Happen we were in a very sad and bitter place. I felt quite hopeless a lot of the time. Now, I feel much more optimistic about us as I feel we have the tools to get over setbacks faster and we are much more knowledgeable about each other and where we are coming from. I do think we will benefit from re-doing some of the homework and re-reading some of the readings, especially over the next few months when we have a newborn.
Jun 3, 2024	Before, we had a lot of difficulty with our communication and not understanding each others needs and personality traits. Now, we communicate much more effectively and have a better understanding of one another and a curiosity to continue to get to know each other. Thank you both!
Jun 3, 2024	I think our relationship has improved and we have some tools to better deal with conflict but don't think it has gotten to a point where things i find important are being met.
Jun 2, 2024	Our relationship was very strained and we were in a terrible cycle of getting upset with each other, picking fights and not communicating for long stretches of time. We are now able to resolve misunderstandings and differences a lot quicker and more productively. We have a deeper understanding of how each other tick.
May 30	Our relationship feels renewed not because life got easier, but because we learned how to be gentler with each other. Love finally feels safe again.
May 8	I used to think repair was about saying sorry. LLH showed me it's about changing how you show up every day. That's changed everything for us.
Apr 5, 2024	i had demons and darkness that bleed onto my relationships, they shown the light and changed my ways
Apr 2, 2024	Oh my gosh; other than the infidelity, I thought our relationship was great before hand; but this has slingshot us forward SO much more, and i'm so glad we proceeded with this; not just for the infidelity that happened but the over-all improvement in all aspects of our relationship. There were issue-points I didn't know existed and although a bumpy ride, it's been for the better of us both. So so excited to have new tools up our sleeve to keep growing our relationship together, We're in such a great spot now and forever improving!



Date	Answers
Mar 6, 2024	We were at the the end of our ropes and now we have found ways to deal with each other in times of stress and the good times.
Mar 5, 2024	Lots of resentment and not a lot of intimacy, communication or engagement. At this point in time, I can see there is more awareness around the needs of our relationship and more engagement and attunement to the the marriage.
Mar 26, 2024	We started this journey afraid we'd already failed. Now, we realise this was the start of a new kind of love one built on grace, understanding, and courage.
Mar 6, 2024	LLH has been the best decision we've made as a couple. We've rediscovered joy in each other's company. Our relationship feels mature, steady, and full of gratitude.
Mar 3, 2024	We've learned how to hold each other through hard times. LLH gave us more than tools, it gave us perspective. I finally feel at peace in our marriage.
Feb 15, 2024	We're ending this journey feeling stronger than ever. We've learned that love isn't about never breaking, it's about learning how to mend. That's what the program gave us.
Feb 4, 2024	When I first reached to you it was between calling you and calling a divorce lawyer and I ma very glad I decided to call you first
Feb 3, 2024	Our relationship had become transactional. The program helped us rediscover the heart behind it all. We're more intentional, more affectionate, and more hopeful.
Feb 3, 2024	We were exhausted and distant before starting. Now, we share small rituals of connection that keep us grounded, morning coffee, evening check-ins, gratitude lists. Those little things have saved us.
Jan 18, 2024	LLH helped us reconnect emotionally and spiritually. The way we repair after conflict has completely changed. We've gone from chaos to calm.
Jan 15, 2024	I feel loved and valued again, our marriage has regained its warmth. The program reminded us that love isn't found; it's built. We're building ours every day, and it's beautiful.



Date	Answers
Dec 27, 2023	We're communicating with more empathy and patience. LLH gave us back our sense of partnership.
Dec 2, 2023	I used to feel disconnected and unseen. Through LLH, I've learned how to express my needs and listen to my partner's without defensiveness. We've both changed in the best ways.
Dec 1, 2023	The sessions created a safe space to heal old wounds. We've rebuilt trust through consistency and care not just words. We have practical tools that keep our love on track.
Nov 14, 2023	I used to dread our conversations. Now, I look forward to them.
Nov 14, 2023	LLH brought peace back into our home
Nov 7, 2023	We've learned to replace criticism with care.
Oct 1, 2023	We started the year unsure of each other; now, we feel like a team again.
Sep 25, 2023	We used to avoid conflict at all costs. Now, we use it to connect. I feel hope again. That's something I thought I'd lost.
Sep 24, 2023	We have clarity now, on who we are and how to love better.
Sep 15, 2023	We've found laughter again in the everyday.
Sep 7, 2023	We used to blame each other. Now, we take responsibility. Our home feels lighter, calmer, and filled with gratitude, I'm finally excited about our future.
Sep 1, 2023	LLH gave us words for what we could never explain. We understand each other's needs instead of assuming.....Every session brought a new layer of insight and healing.



Date	Answers
Aug 26, 2023	Before LLH, everything felt hard. Now, there's lightness again. We're learning to meet conflict with compassion instead of criticism.
Aug 22, 2023	Our intimacy has deepened, emotionally and physically. We've learned to be each other's safe place.
Aug 15, 2023	I'm finally at peace in my marriage. LLH gave us practical tools that actually work.
Jul 17, 2023	We still have challenges, but now we face them together.
Jun 28, 2023	Before LLH, I didn't know how to express my feelings. Now, I can. LLH helped us break generational patterns, I feel lighter and more secure in our love and we're finally aligned again heart, mind, and vision.
Jun 23, 2023	Before LLH, we were distant. Now, we're deeply connected. We've found new tenderness in the way we relate and have stopped living in survival mode.
Jun 15, 2023	I feel hopeful and grounded again. LLH helped us replace blame with empathy, we're more patient and intentional with each other.
Jun 20, 2023	Love feels less fragile now it feels steady.
Jun 2, 2023	Our marriage feels stronger than it's ever been.
May 25, 2023	We've stopped criticising and started appreciating, we are more open, honest, and connected. We're more playful and kind to each other now.
May 10, 2023	LLH helped us rediscover intimacy in every sense. I've learned to let go of old hurts.



Program Outcomes Summary

Overall Impact

Nearly **70% of respondents** rated the program *extremely helpful*, reflecting profound impact and strong perceived value. In total, **94.9%** described the service as *very or extremely helpful*, confirming consistently high satisfaction and effectiveness. Only **5%** found it *somewhat helpful*, with **no negative or limited ratings** - a clear indication of minimal dissatisfaction and deep program resonance.

Reduction in Relationship Distress

Couples reported an average distress score reduction from **8.83 to 2.3**, representing a **74% decrease** in perceived relationship distress. This shift indicates that most couples moved from high distress to low or manageable conflict levels by the end of the program. The data suggests that Let Love Happen is not only a repair process but also a *sustained transformation model* - helping couples rebuild emotional safety, trust, and connection.

Most Valued Program Elements

1. **Counselling/coaching sessions with Max & Tatiana:** The heart of the transformation; couples consistently highlighted these as the most impactful and healing aspect.
2. **Customised repair plans:** Praised for being practical, actionable, and deeply personal.
3. **Accountability and ongoing support:** Helped couples stay consistent and motivated.
4. **Individual lesson teaching videos:** Useful for reinforcing concepts.
5. **Reading guides:** Helpful for reflection, though less interactive.



6. **20-minute outside-session calls:** Appreciated as an added touchpoint for support.
7. **Mindfulness for Couples practices:** Resonated with some, though engagement varied across couples.

Qualitative Reflections from Couples

Across 197 responses, a powerful narrative emerged: couples moved from disconnection, defensiveness, and emotional fatigue to *understanding, teamwork, and tenderness*. Many described LLH as “life-changing,” “a turning point,” or “the first time we’ve truly felt seen and safe with each other.”

Key themes included:

- Replacing criticism with curiosity and empathy.
- Rediscovering emotional and physical intimacy.
- Rebuilding trust after years of silence or resentment.
- Learning to repair quickly and communicate with respect.

As one couple expressed:

“Before the program, I didn’t know how to speak without attacking or defend myself without shutting down. Now, we can talk through our hardest moments without losing each other. That’s been life-changing.”