

Weekly Time Sheet: Process #4

Topic: Crossroads (Double Binds)	Page #57	Total Time	Time Each
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☐ **Appoint time keeper:**

☐ **Opening:** Prayer & Statement 5 min

Opening Statement: The goal of the Genesis Process is to create a safe environment of grace in which to promote personal change and healing. To this end, we suspend judgments, only give feedback in the form of clarifying questions, and share using "I" statements.

☐ **Check in:** Progress Review - Completed: 20 min

- Watched Video

- Completed Homework

- Progress of last week's Risk

- Made Calls

- Has Prepared Commitment/ Risk for this week

Discussion: Self-Evaluation Questions & Worksheets (60 min. total time)

<input type="checkbox"/> B/J Question	p. 46	5 min	1-2 people, 2 min each
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<input type="checkbox"/> Self-Evaluation #1: Damned if you do...	p. 54	15 min
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<input type="checkbox"/> Self-Evaluation #2: Learning to Trust Again	p. 61	15 min
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<input type="checkbox"/> Self-Evaluation #3: Right Thing To Do...	p. 65	10 min
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<input type="checkbox"/> Double Bind Worksheet	p. 67	20 min
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Weekly Commitment Plan & Calls p. 66 25 min

☐ Remind everyone that they'll turn in their first **Change Group Survey** next week

Closing Prayer 5 min

Notes: