

# Weekly Time Sheet: Process #12, Pt. 2

Topic: Your True Self	Page #182	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: Joy	p. 183	5 min	1-2 people
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<input type="checkbox"/> Self-Evaluation: The Joy Center	p. 183	15 min	
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<input type="checkbox"/> Generational Blessing Worksheet	p. 184-5	15 min	
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<input type="checkbox"/> Double Bind	p. 186	15 min	
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 186	25 min
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<b>Closing Prayer</b>	5 min
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## Notes: