

Weekly Time Sheet: Process #3

Topic: Reacting Vs. Responding	Page #45	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: ANGER	p. 47	20 min	
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<input type="checkbox"/> Self-Evaluation: FEAR	p. 49	20 min	
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<input type="checkbox"/> Self-Evaluation: FREEZE	p. 51	20 min	
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Weekly Commitment Plan & Calls	p. 53	25 min
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Closing Prayer	5 min
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Notes: