

# Weekly Time Sheet: Process #12, Pt. 1

## Topic: Your True Self

Page #173

Total Time

Time Each

### ☐ **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"/> Reaction to Michael's Story	p. 175	5 min	1 person
<input type="checkbox"/> B/J Question: Mother's Role	p. 175	5 min	1 person
<input type="checkbox"/> Self-Evaluation: Mother's Role Q. 1, 2, 3	p. 176	10 min	
<input type="checkbox"/> Self-Evaluation: Father's Role Q. 2 - If not, how did that affect you?	p. 179-81	15 min	
<input type="checkbox"/> Reaction to Amy's Story	p. 178	5 min	1 person
<input type="checkbox"/> B/J Question: Father's Role	p. 179	5 min	1 person
<input type="checkbox"/> Double Bind	p. 186	15 min	

**Weekly Commitment Plan & Calls**

p. 186

25 min

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**Closing Prayer**

5 min

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**Notes:**