

# Instructions for the Time Management Worksheets

Prior to meeting you will take the worksheet, draw a line from top to bottom, on the right side to form a column.

You will **divide the number of minutes** for each question by the number attending your group each week, giving you the exact amount of time each person will have to share on each question.

You will then give that time to the group, and the timekeeper before each question.

Make sure your time keeper is able to give a **1 minute warning** before the person who is sharing's time is up.

**Have a preplanned word, hand signal, or "stop sign"** - something the group has agreed on to interrupt a speaker - if they are going over their time. "Just letting them finish" will not work for this.

If the facilitator does not insist on **consistently limiting sharing**, the group will just ignore the time limits. You will not be able to complete the work - especially the accountability at the end of each session.

The group will also grow accustomed to these time limits pretty quickly, so most of this limiting work will be in the first few weeks.

This worksheet is fairly well-scripted. Read the opening statements as you follow through with group "check in".

**Allow 1 hour for discussion.**

**Set a timer on your own**, so you have a full ½ hour to do the week's risks and phone call set-up.

If a person does not have a reasonable "risk" with a person involved in it, do not sort it out during group time. Instead have them call a group member the next day and dial in a better risk.

# Weekly Time Sheet: Introduction Meeting

Topic: Introduction	Page # 1	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

- Made Calls

- Has Prepared Commitment/ Risk

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

☐ What do you want to change? Why Now? 25 min

☐ **Brief Overview of Introduction** p. 2,3 20 min Facilitator

<input type="checkbox"/> Review Standards	p. 11	
<input type="checkbox"/> Review Group Rules	p. 14-16	
<input type="checkbox"/> Sign Confidentiality Agreement	binder	
<input type="checkbox"/> Answer questions	15 min	

## **Weekly Commitment Plan & Calls** p. 18 25 min

### **Everyone has someone to call for Process 1**

Each person picks a specific day and time to call AND be called (**NO texting or email**). They will ask...  
"Have you viewed the video & completed homework?" (They should have this pre-planned every week)

**Closing Prayer** 5 min

**Notes:**

# Weekly Time Sheet: Process #1

Topic: Made for Change	Page #19	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: 15 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"/> Bible-Jesus Q. (B/J)	p. 21	5 min	1-2 people, 2 min each
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<input type="checkbox"/> Self-Eval. Q. 2 and 3 (Just report page 23, not page 22)	p. 23	10 min	
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<input type="checkbox"/> Self Eval. Q. 5 and 6	p. 24	10 min	
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<input type="checkbox"/> B/J Q. Hope/Risk	p. 26	5 min	1-2 people, 2 min each
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<input type="checkbox"/> Power of Hope, Q. 1 & 2	p. 27	10 min	
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<input type="checkbox"/> Spiritual Stagnation Q.1 & 2	p. 30	10 min	
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## Weekly Commitment Plan & Calls p. 31 25 min

<b>Closing Prayer</b>	5 min
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# Weekly Time Sheet: Process #2

Topic: What's Broken?	Page #35	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 Q. - fear, stress, addictions	p. 36	10 min
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<input type="checkbox"/> Pain Avoidance - Q. 1a, 1b, 1c, 3	p. 36-7	20 min
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<input type="checkbox"/> Early Childhood - Q. 1, 2, 3	p. 40	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 41	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# 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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<b>Weekly Commitment Plan &amp; Calls</b>	p. 53	25 min	
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<b>Closing Prayer</b>		5 min	
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**Notes:**

# 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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<b>Weekly Commitment Plan &amp; Calls</b>	p. 66	25 min
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☐ Remind everyone that they'll turn in their first **Change Group Survey** next week

<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #5

Topic: Values - What's Important	Page #71	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: True Identity/Enemy's War	p. 73	10 min	1-2 people
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<input type="checkbox"/> Self-Evaluation #1: Wounded in Your Giftedness (Overview Q. 1-4)	p. 73	20 min	
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<input type="checkbox"/> Question #5... "What did you discover?"	p. 74	15 min	
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<input type="checkbox"/> Double Bind	p. 76	15 min	
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## Weekly Commitment Plan & Calls

<input type="checkbox"/> Turn in Group Surveys	p. 79	25 min	
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Members can send a picture of their page and send it to the facilitator or rip it out of their book and hand it in.

## Closing Prayer

5 min

## Notes:

# Weekly Time Sheet: Process #6

Topic: Secrets	Page #81	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

☐ **Review Group Surveys** 10 min

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

<input type="checkbox"/> Secrets: How They Affect You (Q. 1, 2, 3)	p. 83	15 min
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<input type="checkbox"/> Relationships (Q. 1-2 *OR* 3-4)	p. 85	15 min
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<input type="checkbox"/> B/J Question: Hearing God's Voice	p. 88	5 min	1-2 people, 2 min each
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<input type="checkbox"/> Secrets and God: Q. 1, 2, 3, 4, or 5	p. 88	15 min
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## Weekly Commitment Plan & Calls

<input type="checkbox"/> Review Double Bind Worksheet	p. 90	25 min
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p. 91

## Closing Prayer

5 min

## Notes:



# Weekly Time Sheet: Process #7

Topic: Spiritual Freedom	Page #95	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"/> What would Jesus say about what you've given power to?	p. 97	5 min	2 people
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<input type="checkbox"/> <b>Desire</b> - Rate Top 3, Share 2 or 3	p. 98	15 min	
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<input type="checkbox"/> <b>Resentment</b> - Share 2 or 3 (focus on today)	p. 100	15 min	
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<input type="checkbox"/> <b>Fear</b> - Rate Top 3, Share 2	p. 102	15 min	
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<input type="checkbox"/> <b>Dialogue with God</b> - Transfer all, Share 1 or 2	p. 103	15 min	
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 105	20 min	
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<b>Closing Prayer</b>	5 min		
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**Notes:**

# Weekly Time Sheet: Process #8

Topic: Tearing Down the Walls	Page #109	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>Wounds Create Walls:</b> Q. 1, 2, 3	p. 110-1	20 min
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<input type="checkbox"/> <b>Names</b> - Share 2 or 3	p. 115	20 min
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<input type="checkbox"/> <b>Practical Application:</b> Q. 2	p. 120	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 120	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #9

Topic: Forgiveness	Page #123	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"/> Personal reaction to Matthew 18:21-35	p. 125	10 min	2 people
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<input type="checkbox"/> Review judgments, vows, survival lies	p. 126-7	15 min	
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<input type="checkbox"/> False Belief review	p. 131	15 min	
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<input type="checkbox"/> Forgiveness Exercise and Response	p. 129-30	20 min	
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## **Weekly Commitment Plan & Calls** p. 133 25 min

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

## **Closing Prayer** 5 min

**Notes:**

# Weekly Time Sheet: Process #10

Topic: Closure	Page #137	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

<input type="checkbox"/> <b>Self-Evaluation: Risk</b> Q. 1, 2, 3 & 5 Q. 4 - one-time, give constructive feedback	p. 138-9	15 min
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<input type="checkbox"/> <b>Self-Evaluation: Hope</b> Q. 1, 2, 3 + 1 Script	p. 139-40	15 min
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<input type="checkbox"/> <b>Self-Evaluation: Give to Grow</b> Q. 1, 2	p. 142	25 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 143	20 min
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☐ **Turn in Group Survey** p. 145

*Members can send a picture of their page and send it to the facilitator or rip it out of their book and hand it in.*

☐ **Reminder:** Review next process AND Intro to Book II before next week

☐ **Plan calendar for next 3 months** 10 min

<b>Closing Prayer</b>	5 min
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# Weekly Time Sheet: Intro to Book II

Topic: Life History	Page #151	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

☐ **Review Group Surveys** 15 min

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

<input type="checkbox"/> Reviewing: Q. 1	p. 155	10 min
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<input type="checkbox"/> Reviewing: Q. 2	p. 155	10 min
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<input type="checkbox"/> Stages of Change	p. 156	20 min
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<input type="checkbox"/> Double Binds	p. 157	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 157	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #11

Topic: Life History	Page #151	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"/> Major Traumatic Events (top 3) <i>Focus: Affecting you today</i>	p. 164	20 min
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<input type="checkbox"/> Road to the Wound	p. 167	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 169	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #12

Topic: Your True Self	Page #173	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"/> Self-Evaluation: Mother's Role	p. 176-7	15 min
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<input type="checkbox"/> Self-Evaluation: Father's Role	p. 179-81	15 min
Q. 2 - If not, how did that affect you?		

<input type="checkbox"/> Joy / Generational Blessing	p. 183-5	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:**

# 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)

☐ Reaction to Michael's Story p. 175 5 min 1 person

☐ B/J Question: Mother's Role p. 175 5 min 1 person

☐ Self-Evaluation: Mother's Role p. 176 10 min  
Q. 1, 2, 3

☐ Self-Evaluation: Father's Role p. 179-81 15 min  
Q. 2 - If not, how did that affect you?

☐ Reaction to Amy's Story p. 178 5 min 1 person

☐ B/J Question: Father's Role p. 179 5 min 1 person

☐ 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:**

# 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:

# Weekly Time Sheet: Process #13

Topic: Relationships	Page #189	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)

☐ **Women:** Share on 1 of 3 30 min

Relationships	p. 193-4
Anxiety	p. 197-8
Food	p. 200

☐ **Men:** Share on 1 of 3 30 min

Work	p. 203-4
Anger	p. 205-6
Sex	p. 207-8

<b>Weekly Commitment Plan &amp; Calls</b>	p. 209	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #13, Pt. 1

Topic: Relationships	Page #189	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"/> Why is grace so hard?	p. 191	5 min	1-2 people
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<input type="checkbox"/> How did Jesus treat women?	p. 193	5 min	1-2 people
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<input type="checkbox"/> Self-Evaluation: Relationships	p. 193-4	15 min	
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<input type="checkbox"/> B/J Question: Control	p. 197	5 min	1-2 people
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<input type="checkbox"/> Self-Evaluation: Anxiety	p. 198	15 min	
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<input type="checkbox"/> Self-Evaluation: Food	p. 200	15 min	
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 209	25 min	
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<b>Closing Prayer</b>	5 min		
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**Notes:**

# Weekly Time Sheet: Process #13, Pt. 2

Topic: Relationships	Page #201	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"/> Self-Evaluation: Work	p. 203-4	20 min
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<input type="checkbox"/> Self-Evaluation: Sex	p. 205-6	20 min
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<input type="checkbox"/> Self-Evaluation: Anger	p. 207-8	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 209	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

## **Process 14** is one of the key processes.

The 1st part, "projected lie vs. survival lie", is good information - but NOT the main objective. Move through it fairly quickly. I would recommend **pre-reading pages 223-226**. (don't write anything yet though)

As you go through the early part of the week, observe where "false beliefs" support your behavior and reaction.

Then later, do the writing on the ones that "feel" true. Not just in your head, but feel them in your body as well.

**Also include the False Beliefs that have ever felt true.** Maybe they don't rule you now, but it is all connected to what you believe today.

Last but not least, do this process very **prayerfully**. Give yourself space to really sit with this list, as you ask the Holy Spirit to confirm what He wants to communicate to you.

# Weekly Time Sheet: Process #14, Pt. 1

## Topic: Changing Your Heart

Page #213

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)

☐ **B/J Question:** Beliefs/Heart

p. 215

5 min

1-2 people

☐ Projected Lies

p. 218

15 min

☐ **B/J Question:** Vows

p. 221

5 min

1-2 people

☐ Survival Lies

p. 221

15 min

☐ Review common self beliefs

p. 227

20 min

## Weekly Commitment Plan & Calls

p. 229

25 min

## Closing Prayer

5 min

## Notes:

# Weekly Time Sheet: Process #14, Pt. 2

Topic: False Beliefs	Page #222	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"/> Review common self beliefs	p. 227	15 min
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<input type="checkbox"/> Inner healing exercise and reporting	p. 228	25 min
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<input type="checkbox"/> Double Bind	p. 229	20 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 229	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**



# Weekly Time Sheet: Process #15, Pt. 1

## Topic: Faster Scale

Page #233

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)

☐ **B/J Question:** addiction, recovery, relapse

p. 234

3 min

1 person

☐ Self-Evaluation: Relapse

p. 235

15 min

☐ Discuss Faster Scale

p. 237

15 min

☐ Self-Evaluation: Recovery

p. 241-2

15 min

☐ Self-Evaluation: Forgetting Priorities

p. 243-4

15 min

## Weekly Commitment Plan & Calls

25 min

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

## Closing Prayer

5 min

## Notes:

# Weekly Time Sheet: Process #15, Pt. 2

## Topic: Faster Scale

Page #233

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)

☐ Self-Evaluation: Anxiety

p. 245-6

15 min

☐ Self-Evaluation: Speeding Up

p. 247-8

15 min

☐ Self-Evaluation: Ticked Off

p. 250-1

15 min

☐ Self-Evaluation: Exhausted & Relapse

p. 252-4

15 min

## Weekly Commitment Plan & Calls

p. 256

25 min

☐ **Turn in Group Survey**

p. 259

Members can send a picture of their page and send it to the facilitator or rip it out of their book and hand it in.

## Closing Prayer

5 min

## Notes:

# Weekly Time Sheet: Process #16

Topic: Change - What It Takes	Page #261	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

☐ **Review Group Surveys** 10 min

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

<input type="checkbox"/> Self-Evaluation: Change	p. 264	15 min
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<input type="checkbox"/> Accountability Cards "What can I see or hear when you..."	p. 266-7	15 min
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<input type="checkbox"/> Double Binds, Q. 1: Review	p. 269	15 min
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<input type="checkbox"/> Double Bind Worksheet	p. 270	15 min
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 256	25 min
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<b>Closing Prayer</b>	5 min
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**Notes:**

# Weekly Time Sheet: Process #17

## Topic: High Risk Scenarios

Page #273

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

- **Did they give their accountability cards out?**

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

☐ Self-Evaluation: **Past** High Risk Scenarios

p. 274

20 min

☐ The Movie Script

p. 280-2

20 min

*Each member reads directly from their book*

☐ Self-Evaluation: **Current** High Risk Scenarios

p. 284-6

20 min

*Each member reads directly from their book*

## Weekly Commitment Plan & Calls

p. 287

25 min

## Closing Prayer

5 min

## Notes:

# Weekly Time Sheet: Process #18

Topic: Mirrors - Staying Healthy	Page #291	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

- **Did they give their accountability cards out?**

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

<input type="checkbox"/> B/J Question: Holy Spirit	p. 292	5 min	1-2 share, 2 min each
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<input type="checkbox"/> Cleaning Your Mirror	p. 294-308	30 min	
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*Morals, integrity, romance, reactions, optimistic outlook, recovery, spiritual growth*

**Pick 3 strongest areas for evaluation/application.**

<input type="checkbox"/> Practical Application	p. 309	15 min	
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<b>Weekly Commitment Plan &amp; Calls</b>	p. 309	25 min	
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<b>Closing Prayer</b>	5 min		
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**Notes:**

# Weekly Time Sheet: Process #19 & #20

Topic: Mirrors - Staying Healthy	Page #313	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

- **Did they give their accountability cards out?**

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

<input type="checkbox"/> Self-Evaluation: Establishing Your Own...	p. 314	15 min
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<input type="checkbox"/> Review rest of Process 19		15 min
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<input type="checkbox"/> B/J Question: Willingness V. Ability	p. 329	15 min
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<input type="checkbox"/> Word of Encouragement to each member		15 min
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<input type="checkbox"/> Closure, Certificates of Completion, Future Meetings		20 min
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<b>Closing Prayer</b>		5 min
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**Notes:**