

# 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: