

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

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3 min

1 person

☐ Self-Evaluation: Relapse

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15 min

☐ Discuss Faster Scale

p. 237

15 min

☐ Self-Evaluation: Recovery

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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: