

GENESIS PROCESS

WEEKLY SELF EVALUATION

Weekly Self Evaluation: This weekly self-evaluation will form the basis for discussion during your meeting time each week. Complete these steps to the best of your ability before each weekly group meeting.

Step 1. What are you struggling with this week? Name the problem. Where are you on The Faster Scale?

Tools: Self Evaluation Questions, Faster Scale, Road to the Wound.

Step 2. Why are you struggling with it? Tools: The Faster Scale Exercise, Double Bind, Road to the Wound.

Step 3. What is your double bind? What is "stuck" and what are the consequences of changing or not changing? Tool: Double Bind Worksheet, Troubleshooter's Guide.

Step 4. Practical Application--Tool: Weekly commitment Worksheet.

What are you willing to **do** this week to change and move forward, resolving the issue or problem? The right thing to do is usually the hard thing to do.

Who will support you and who will keep you accountable to succeed in your commitment and how?

Step 5. Continue to challenge fears and behaviors each week until the desired change is accomplished.

Group Feedback: Help each other by asking Self Discovery Questions. (Refer to the Appendix.)

Look at the consequences of changing or not changing: the double bind.

Commitment for Change: Move towards change by making a decision to do something practical this week. Provide accountability and support for one another.