
TABLE OF CONTENTS

WEEK 1	Group Rules and Introduction	1
	<u>CHOOSE</u> to acknowledge that we are powerless over the effects of our abuse	3
WEEK 2	<u>CHOOSE</u> to turn our lives over to God's care	4
	"It's In The Valleys I Grow"	6
WEEK 3	<u>CHOOSE</u> to turn our will over to God's care	7
	"The Bear Story"	8
	Generational Sins and Curses Worksheet	9
	Tunnel of Healing	11
	"The Quilt"	12
WEEK 4, 5	<u>CHOOSE</u> to improve our relationship with God	13, 19
	Warring Angels	16
	Putting on your armor	17
	God's Love	18
WEEK 6	<u>CHOOSE</u> to share our stories	22
WEEK 7, 8	<u>CHOOSE</u> to be obedient to God	23, 26
	"The Branch That Bears Fruit"	24
	Humility	25
	Negative Expectations Worksheet	27
WEEK 9	<u>CHOOSE</u> to forgive your abusers	29
	"The Cleansing Power of Forgiveness"	31, 32
WEEK 10	<u>CHOOSE</u> to forgive yourself	33
WEEK 11	<u>CHOOSE</u> to make amends	35
	Ungodly Soul Ties Worksheet	37
	"Dross"	38
WEEK 12	<u>CHOOSE</u> not to sin in our anger	40
	"Two Frogs"	41
WEEK 13	<u>CHOOSE</u> to trust God in spite of our fears	42
	How to handle memories	44
	<u>CHOOSE</u> to give our sorrow and grief to God	46
	Assess Healing Exercise	47
WEEK 14	<u>CHOOSE</u> to receive prayer for Inner Healing	48
WEEK 15	<u>CHOOSE</u> to actively pursue ways to serve God	50
	"Who Are You?"	52
	"The Choice"	53
