



Each session...

- Play background music
- Have tissues
- Pray
- Suggest books or other resources

1st session...

- Turn in consent form, give folder, encourage not quit
- Check if read brochure, explain mentoring, process sheet, emphasize 24 hr notice
- Go over presenting problem, "What brought you here?"
- Go over consent form– counseling, sleeping, medicines, eating, physical condition...
- Marriage– how long, etc...
- Job
- Finances
- Goal setting– "What do you want to get from our time together?"
- Share there is hope and plans for next week...history
- Homework– begin reading Romans

2nd & 3rd session...

- History taking– give feelings sheet
- Send home Manifestations of the flesh

4th session...

- Diagram flesh structure & teach patterns, feelings, beliefs, coping skills
- Send home Belief Inventory & other belief tests

5th session...

- Life and cross diagrams
- Send home Codependency inventory

6th session...

- Identity in Christ
- Send home Personality inventory & challenge to memorize a verse

7th session...

- Concept of God
- Send home Heavenly Father worksheet to initial & challenge memorize a verse
- Challenge to obtain a prayer/accountability partner

8th session...

- Brokenness/Surrender
- Send home total surrender, evidence of brokenness, prayer worksheets

9th session...

- Forgiveness
- Send home forgiveness worksheets

Other sessions...

- Specific issues (Codependency, Guilt & Shame, etc...Setting the Mind—last)
- Go over inventory results
- Challenge to attend HOJ U or other Bible study, and consider coaching
- Give Mentor Evaluation to fill out and return

Follow Up:

- 1 month- meet
 - Check progress
 - Check if obtained accountability partner and in HOJ university and/or on a team
- 2 months – phone call
 - Same as above
- 3 months – email
 - Same as above
 - Encourage coaching