

Forward-Facing® My Experience for Toxic Religion Recovery

May 2024 Schedule



Pre-work for **May 13, 2024**

- Watch Videos: User Manual For your ANS and Self-regulation Skills
- Practice Acute Relaxation Techniques in everyday life

Week 1 Meeting - **May 13, 2024**

Introductions

- How did you get here?
- What are you looking for?

Group Guidelines - I have some suggestions, but we make these together.

- Confidentiality
- Unconditional Positive Regard (this includes for yourself as well as others)
- No advice
- Everything we do is voluntary
- Additions from the Group?

Tools for Hope Q&A

- Nervous System Questions
- Explanations of Acute Relaxation Skills + Troubleshooting

Pre-work for **May 20, 2024**

- Documents of Intention Video (10 minutes)
- Write your Documents of Intention (60-90 minutes)
- Bring a story of a successful use of acute relaxation

Week 2 Meeting - **May 20, 2024**

- Present Documents of Intention
- Tell stories of successful acute relaxation
- Discussion: What does safety mean when we're managing religious trauma?

Pre-work for **May 27 and following weeks**

- Optional video: What is spiritual and emotional safety?
- Bring a story of successful self-regulation
- Bring a story of incomplete self-regulation

Week 3-6 Meetings - **May 27, and June 3, 10, & 17**

Sharing self-regulation successes (if it's hard to come up with one, you can also ask yourself "when did I suck a little less than usual?")

- Sharing self-regulation incompletes (aka epic fails)
- Open Forum (the shape of this space depends on the decisions we make as a group in Week 1)

Week 7 Meeting - **Jun 24, 2024**

- Sharing self-regulation successes and incompletes
- Reflecting over the past 7-8 weeks
 - How have you changed?
 - What questions remain for you?
 - What's the biggest thing you're taking with you?

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