

Four week course

Video address: <https://vimeo.com/album/2202348>

Answer the following questions in writing to help you better understand the important information on the videos. Write your answers on a separate sheet of paper. Discuss your answers with your mate. Be prepared to discuss them in your next counseling session. Do one video per week. DO NOT do them until they are assigned.

Week one

Counseling 1: What is Love?

Answer the following.

What happens when I first meet someone?

What is the feeling we often say is love but is not?

What do we do in response to that feeling?

What is projection?

What is the definition of love?

What is "nous"?

Questions for you to answer about yourself

Give examples of:

How you make decisions with your emotions rather than intellect.

How you believe that your loved one feels the same way about things as you do.

How you choose to love.

How you risk yourself for your mate.

What you and your mate talk about the most?

How you reveal yourself to your mate.

Week two

Counseling 2: Receiving Forgiveness from God

Answer the following.

What is said about forgiving yourself?

What is the process of becoming a new person?

What does St. Paul say about change?

What are the opposite things?

Questions for you to answer about yourself

Do you have things to be forgiven by God?

How you have been forgiven by God? How do you know that for a fact?

How have you struggled with the lie of having to forgive yourself?

How have you taken on new behaviors? What are the new behaviors? What are the opposite things?

How have you overcome the natural resistance to take on new behaviors?

Week three

Counseling 3: Guilt

Answer the following.

- What are the two kinds of guilt? Define them.
- What is the process of healing objective guilt?
- How do we discover what are our internal rules?
- What are the criteria for determining if a rule works?
- How do I change my rules?
- What is the source of shame?
- What is the definition of shame?
- What kind of problems does shame create?
- How do I get healed from shame?

Questions for you to answer about yourself

- Give 5 examples of objective guilt in your life?
- Give 5 examples of subjective guilt in your life.
- What are 10 of your internal rules on how things should go?
- Judge the above rules by the fruits of the Holy Spirit.
The twelve Fruits of the Holy Spirit are charity (or love), joy, peace, patience, benignity (or kindness), goodness, longanimity (or long suffering), mildness, faith, modesty, continency (self-constraint), and chastity
- Rewrite the rules to reflect the Holy Spirit.
- Do you have shame? Give examples.
- What problems have shame created in your life?
- How can you overcome them?

Week four

Counseling 4: Forgiving Others

Answer the following.

- What are some of the popular things that we do that look like forgiveness but are not?
- What is the definition of forgiveness?
- Give examples of how God requires us to forgive.
- Give the list of what forgiveness is not.
- What does St. Paul say about the process of forgiveness?
- Is it necessary to confront the one who has hurt us?
- What is the difference between forgiveness and reconciliation?

Questions for you to answer about yourself

- Give examples of how you have incompletely forgiven others?
- Who do you have resentment towards?
- What are some of the difficulties that you have in giving things, circumstances, and people over to God?
- What mistakes have you made in forgiveness?
- Describe your process of forgiveness.
- How have you confused forgiving with forgetting?
- How have you reconciled with others?
- What were some of the problems that you have encountered with reconciliation?