

# Introduction to Genesis Skills for Recovery

**Genesis Skills for Recovery (GSR)** is a series of classes to teach skills for using the recovery tools found in *The Genesis Process, a Relapse Prevention Workbook* by Michael Dye. Each class focuses on a different tool or key concept from the Genesis workbook, and helps people gain skills in using them by providing an understanding of when the tool is to be used, how it is designed to help, and how it is best used. Skills with the tools are gained by teaching about the tool, coaching on how to use it, and guided opportunities to practice using it. The difference between recovery and relapse often comes down to having the skill to use the right tool at critical time.

## Who is it for?

GSR is the sequel to the highly successful Genesis introductory class, *The Mystery of Addictive Behavior*, and is optimal for those in the first 6 months of recovery. Those who go through it will be able to start using Genesis tools and skills to emotionally stabilize during the critical first 90 days of early recovery, even if they have not started the Genesis Process counseling. For those in first 5 processes of Genesis counseling, this class will help them to get the most out of the workbook and the counseling sessions.

## What can it do for you?

For recovery programs, this class will raise success rates by helping get the most benefit out of their Genesis Process work. When used as to supplement the Genesis Process counseling, you can see the following:

1. **Maximize the impact of Genesis counseling.** Clients who go through this class will be better prepared to meet with individual counselors and complete the process in a shorter period of time; thus, saving staff hours. This class will also increase the motivation level of clients for recovery, and enable them to engage in the Genesis workbook and individual counseling on a much deeper level.
2. **Deinstitutionalization.** By gaining competence and confidence with these recovery skills, clients will no longer be dependent on the institution to be successful.
3. **A program culture of grace.** The culture of your program will shift from rules to grace as clients will own their recovery and embrace the opportunities of change. Terms like 'red dog / blue dog', double bind, FASTER scale, etc. will become part of the daily conversations.

4. **Increase skills with the Genesis Process.** Class facilitators will deepen their understanding of the Genesis Process and its tools. They will sharpen their critical Genesis counseling skill of asking good questions, which will help clients can find the answers they need to create an individualized relapse prevention plan.

## Format

1. This class is designed to be **facilitated** rather than taught. The difference is that facilitators help people learn by presenting information, promoting discussion and initiating self-discovery. While there is some teaching involved, the desired outcome is for participants having a better understanding of themselves, and not to have more 'head knowledge' about recovery. Facilitation increases motivation and client ownership of recovery.
2. **Materials** provided for each class include:
  - PowerPoint slides and video
  - Facilitator Guide with teaching points, discussion questions and space to make presentation notes
  - Self-discovery questions to promote discussion and personal reflection
  - Self-Discovery Journals for participants to personalize the material
  - Worksheets from the Genesis Process Workbook
  - Practical exercises during the week to practice the skills
3. Each class is a **self-contained** unit that cycles through the different skills; therefore, new members can easily join without having to wait until a new class begins.

## Suggested Class Structure

Weekly sessions are designed to be an hour, but the actual time may can vary. You may more time due to a lively discussion that happened, or the group may need more time to understand the themes. Also, you may want to take time to supplement some additional material. The class is a tool for you to use as you best see fit. The goal is to see the 'light bulbs' of understanding turn on. You've done your job if participants leave with new hope and steps of faith to take for change.

As for the structure of the weekly session, I suggest the following to promote the best learning:

1. **Prepare in advance.** Read through the Facilitator's Guide and prepare your questions and material. Practice using the PowerPoint. (Click's on each slide are designated with the asterisk, \*). Make copies of handouts.

2. **First 10 minutes:** Introduce newcomers and report on the past week's assignment. Recap any previous lessons. Use the ice breakers exercises from the Participant Workbook.
3. **Next 40 minutes:** Work through PowerPoint, worksheets, and discussions.
4. **Last 10:** Participants find a partner to share an action item for the week.

## Helpful Hints for Facilitators

1. **Complete the Genesis Counselor Training**

Facilitators who have completed the Genesis Process Counselor training will be most effective since the class series covers information from the first 5 processes of the *Genesis Relapse Prevention Workbook*.

2. **Ask more self-discovery questions; give less answers**

It is more impacting when people self-discover answers. One of the reasons Genesis is so effective is that it creates life change by asking self-discovery questions rather than teaching information. The more clients engage in meaningful discussions, the more excited they will be to show up for class each week.

3. **Be a coach; let experience be the teacher**

Information alone doesn't change us. Change happens with steps of faith that put the new information into practice. Each class should end with an assignment to practice the skill during the week. Your job will be to coach them to learn and grow from their experiences.

4. **Keep the class safe and productive**

Facilitating an emotionally safe and productive class is a skill that comes with practice. The more you can learn about group facilitation, the more effective you will be. The ***Genesis Process for Change Groups Facilitator's Guides***, pages 1-2 give more tips on group facilitation, but a few basic principles are:

1. Allow each person equal time to answer the questions, but keep them to the point. There's usually someone in the class who wants to make it about them.
2. Allow participants the freedom to pass if they are uncomfortable answering the question.
3. Practice confidentiality

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## SESSION 1: Which Dog is it?



**Welcome everyone.** If appropriate, let them introduce themselves. Make sure everyone has a Self-Discovery Journal. Open in prayer to ask God's guidance through the materials and discussions.

Introduce the **Genesis Skills for Recovery** and **Red Dog / Blue Dog class**. You can read the one below, but it is better to adapt it into your own words. You can right it in the spaces provided.

It is helpful to repeat this at the start of each week, along with a recap of what's been covered so far. Those who missed a week can meet with another member of the class to get caught up.

### Red Dog / Blue Dog Class Introduction

**Genesis Skills for Recovery** is a series of classes to equip you with the recovery tools and skills from the Genesis Process. It is the next series of Genesis classes after the Mystery of Addictive Behavior, and it will help you to get the most benefit out of the Genesis Process Workbook. Those of you in early recovery will find these classes help to stabilize your thoughts and feelings so that you can do the hard work of recovery. The self-discovery questions will help you to personalize the material so that you can start to build a new life and become the person God has always intended you to be.

**In this class you will learn the skills for using the Red Dog / Blue Dog tool from the Genesis Process workbook.** The Red Dog / Blue Dog is a metaphor for the 2 natures that we all have. Our addictive, selfish and self-destructive nature is called the 'Red Dog', and our nature that lives with love for God, self and others is called the 'Blue Dog.' The Blue Dog is our true self, and it is the person God created us to be.

**The purpose** of the Red Dog / Blue Dog tool is to help you make good choices by recognizing and managing these two natures. Recovery doesn't 'just happen', and neither does relapse. Each is an outcome of a series of choices we make each day. By learning about your 2 natures – your 2 dogs – you will be able to prevent relapse and live in recovery.

There are 3 sessions in this class:

- 1: Exploring why we struggle with making good choices, and how your dogs are involved.
- 2: Learning the skill of retraining your 2 dogs so that good choices become easier.
- 3: Learning the skill of managing your 2 dogs so that you can live in a life of recovery.

**TRANSITION:** Let's start by discussing why there is even a battle between the 2 dogs. Why is there a struggle to do the right thing? Things brings us to the first Self Discovery Question.

**What are some arguments you've had in your head between doing the right thing or the wrong thing?**



*I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. – Romans 7:15, 18-19*

## DISCUSS

Have volunteers share their answers to the self-discovery question. If it is a larger group, have them share answers with a neighbor, and then discuss the answers as a group. Summarize the discussion and point out similarities in answers.

**NOTE:** Be ready with examples to prompt ideas, such as: jay walking, personal boundaries, texting and driving, using drugs, drinking, eating the wrong foods, etc. Discuss the decisions or circumstances that brought them to seek help from your program. What was the arguments for doing the wrong thing? Was there a voice (your conscience) that tried to tell you the right thing?

### Follow-up questions:

Why is there a struggle with doing the right thing?

(The answers to this question can reveal the double binds they need to work on in the program to be able to change)

What's the appeal of the wrong thing?

(The wrong thing is usually more fun than the alternative, at least in the short term. It can also provide a distraction from feelings and situations we don't want to deal with.)

What's the consequences?

(shame, guilt, loss, low self-image, others?)

What would your life be like if you could win this battle?

\* **Read and discuss the verses.** The Apostle Paul even struggled with this battle; therefore, it is a human problem and not just an 'addict' problem. This means this struggle will be a part of life even after the program. That's why it's important to recognize and learn to win this struggle now.

**TRANSITION:** The Native Americans also taught their people about this struggle, and referred to it as the battle between 2 wolves.