

Can We Cry in Here...

Preface Intro

1. Chapter 1 "Forgiveness" (Present)

- A. *Dream 1 Of Event in 1994
- B. *Reflection (Present)

2. Day 1 "Men's Only retreat"

- A. *Breakfast "Meet N Greet"
- B. *First session Light Talk Ice breaker

3. Small Group 4 Use journal to Write Bio

- A *Part 2 Describe yourself
- B. *1 speak for Group

4. Lunch during recorded Interview

- A. *(Speacial Guest) Therapist Speaks
Undealt with Trauma from Youth
- B. *GROUP WALK 30min around campus

5. SESSION 2

- A. *CHOOSE PHYSICAL WORKSHOP IN Gym OR NONphysical WRITING in WORKSHOP
- B. *PART 2 SMALL GROUP "HARD CONVERSATIONS " Safe Space to be vulnerable

6. Dinner during recorded Interview (Speacial Guest) Deliverance Pastor TOP SPIRITUAL INFLUENCES

7. Bond Fire (The Aulter) write on paper toss in FIRE

2 Chapter "Reckless " (College yrs)

Day 2: Retreat

1. Breakfast Recap

- A. Talk-n-Pray Full Group discussion Titled (**Regrets**)
- B. First time seeing mom cry (I Caused It)

*I remember the song playing "It's OK"

C. Small Groups meets with Therapist & Pastor

2. (How do you let go of shame)

A. *Lunch (Break Bread Together)

B. *Communion

(Personal confessions of Sins)

C. Last session Recap (**How to Heal**)

D. Each Group share their own story

3. Chapter "*Insecure*" (High school Yrs)

1. At Therapist Office

A. *Dream 2 (Current)

B. *Gym Accident(ICU)

C. *Car Jacked (Shot at)

D. *Car flipped on Dan Ryan

2. (Regrets 2)

A. *Smoking/Drinking

B. *Stealing

C. *Police

3. *Call from Pastor

A. *How did God protect You

B. *Used Sex in need of a hug

C. *Mom's is sick

4. Out with the Bros

A. *Updates

4 Chapter: "*ANGER*" (Grade school)

1. Family Gather

A. *Hospital part 1

B. *Stories (You changed)

C. *At parents house

2. A. Letter

B. Questions

3. Mom Calls (Scared)

- A.** Back at Hospital part 2
- B.** Nurse talk

5 Chapter "*Fear*" (The beginning)

"The Journal"

1. Get Call 2 she gone.....

- A.** *Hospital part3
- B.** *Last gathering

2. Last entry

- A.** * Secret unveiled
- B.** *Truth leads to healing