

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 01 Sex and the Body (0401) Author: Bill Johnson

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 02 God & Sexuality (0135) Author: Sy Rogers

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 03 7 Pillars of Healthy Relationships (0115) Author: Danny Silk

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 04 Keys To Confrontation (0117) Author: Danny Silk

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 05 Living With Powerful People (0121) Author: Danny Silk

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 06 Community of Believers (0116) Author: Danny Silk

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 07 Switch on Your Brain (0320) Author: Dr. Caroline Leaf

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 08 Delay Your Gratification (0702) Author: Claude Hamilton

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 09 Money as a Slave (0701) Author: Chris & Terri Brady

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**

## Decompression Declaration

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Video/CD Title: 10 Cornerstone Beliefs (0419) Author: Bill Johnson

Based on this curriculum I watched/listened to today, I declare that I will:

---

---

---

---

**Your declaration must be something you are committed to applying to your life from this curriculum that others will be able to notice. You will share your declaration at the beginning of your next nightly class (except group treatment). The other brothers in your home will help you to make it specific enough to witness your victory or help you in your weakness.**