

Curriculum Cue

Video/CD Title: 0301F The Gift In You – Neural-Plasticity Exercise
Disc Start Time: 00:00

Author: Dr. Caroline Leaf
Disc End Time: 00:00

Introduction: Pass out a copy of the Science Journal article. Read the Science Journal article aloud. Again, don't get confused by the science.

Discussion 1: Wounds from our childhood can come back to haunt us in a number of ways: from P.T.S.D. and panic attacks to our life being filtered through the lens of the event of our wounding. To make matters worse, each time we remember the event, it is resaved in our memory even more intensely than before.

You've learned about your God-given greatness through your personality by Dr. Rohm, Tim Marks, and Danny Silk, neural-plasticity from Dr. Leaf, the fact that our frame of thought can become bent, and the value of beta blockers in reducing the effects of wounding events on memory. Based on this information, you are about to embark on a journey of healing from hurts that have blocked the greatness you are destined for.

Exercise 1: Spend about 10 minutes discussing what you just read to make sure every man in the group understands the article. After the discussion, each man share a wounding event from his past that he either knows or suspects may have left him with filters through which he sees the events of his life.

Post Class Instructions: Pass out the Neural-Plasticity Exercise Journal. Your OSM has already assigned your partner for this exercise as well as your accountability partner. For the next 21 days, follow The 5 Steps of Neural-Plasticity taught by Dr. Leaf as you apply them to the wounding you shared above. You will walk through this journey with the partner assigned to you. You should have already adjusted your diet to include more natural beta blocking foods. Use the journal as instructed in The 5 Steps of Neural-Plasticity. Share your journal daily with your accountability partner to hold you accountable for making a good faith effort during this exercise. After you complete the exercise, answer the 4 questions at the end of the journal. Please make 2 copies of your journal and turn them in to your OSM at the end of the 0301G Neural-Plasticity Exercise Discussion class. Your OSM will forward one copy to the office.

Curriculum Cue
Class Participation Checklist

Facilitator: _____ Date: _____ OSM Signature: _____

Check here if first time to facilitate.

Title: 0301F The Gift In You – Neural-Plasticity Exercise

| | Participant | Exercise Partner | Accountability Partner |
|-----|--------------------|-------------------------|-------------------------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |
| 11. | | | |
| 12. | | | |