

Foundations of Living Wholeness



Student Manual

Table of Contents

Week 1	1
Goals of the Course	1
The Theology of CWF	1
TASK	2
Introductions of the Steps	2
INTRODUCTION TO THE CONNECTION STEP	3
The Triangle of Connections	3
SAFETY	4
Invitational Posture	4
TASK Group Week 1	5
SAFETY:	5
Invitational Posture	5
TASK:	6
Journal	6
Week 2	7
UNDERSTANDING STEP	7
INTRODUCTION TO CIRCLES	7
U Step Skills – (Listen & start to locate) in SAFETY	8
Paraphrase and minimal encouragers	8
Good Understanding questions	8
INTRODUCTION TO THE SOCIAL CIRCLE	9
INTRODUCTION TO THE PHYSICAL CIRCLE	9
INTRODUCTION TO THE SQUARE	10
TASK Group: Week 2	11
Listening Skills	11
Square	12
Journal	12
Week 3	13
THE MIND CIRCLE – Overview OF THINKING AND MOOD	13
OVERVIEW OF MOOD (EMOTIONS)	13
ANXIETY	13
INTRODUCTION TO THE RESPONSE STEP	14
R-STEP FOR ANXIETY	14
INTRODUCTION TO THE HEART CIRCLE	14
COPE SECTOR	15

ANGER..... 16

Levels of Anger..... 17

R steps in Anger include 18
 Roundabout (Draw roundabout)..... 18

STOPP 18

Introduction to Engage Help Step..... 19
 Biblical Basis for engaging help..... 19

TASK Group: Week 3 20

Engage Help using the Pyramid 20
 PYRAMID 20

MOOD SECTOR and HEART SECTOR COPE 21

Week 4 22

MOOD Sector 22

SADNESS & LOSS 22

MENTAL HEALTH CONDITIONS..... 23

SUICIDE..... 23

THE HEART CIRCLE..... 24

LOVE SECTOR 25
 How to continue growing our love sector 25

TRUTH SECTOR 26

CONTROL SECTOR 26

TASK Group: Week 4 27
 MOOD SECTOR..... 27

Week 5 28

Spirit Circle..... 28

The Cross 28

Combined Shapes (Square and Cross) 29

TASK Group: Week 5 30
 SPIRIT CIRCLE 30
 COMBINED SHAPE30
 CROSS 30

Week 6 31

THE E STEP – EVALUATION 31

SELF CARE 31

TASK Group: Week 6 32

Q & A about Trialogue and practice..... 32
 TRIALOGUE 32

Evaluation of self (not the course!) including self-care 32
 EVALUATE..... 32

Journal 34

Appendices: 35

1.1 What does the Bible say about sadness?..... 35

1.2 Grief..... 35

1.3 Suicide..... 36

1.4 Body scan Exercise: 38

1.5 Listening Inventory 39

1.6 GOOD CONNECTING AND UNDERSTANDING QUESTIONS 40

1.7 Trialogue Process..... 41

1.8 My Pyramid..... 42

1.9 Circles 43

1.10 Square..... 44

Week 1

Goals of the Course

What are my expectations?

What is CWF?

Christian

Wholeness

Framework

The Theology of CWF

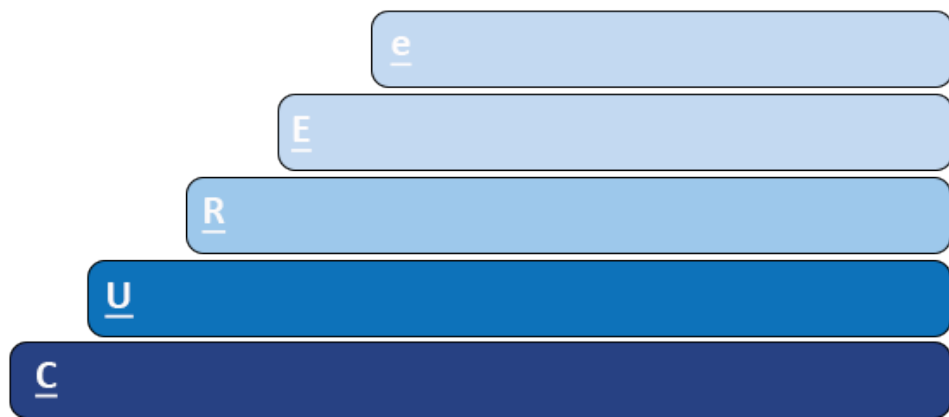
Six Acts of the Bible Story

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**

TASK

T -
A -
S -
K -

Introductions of the Steps



INTRODUCTION TO THE CONNECTION STEP



The Triangle of Connections

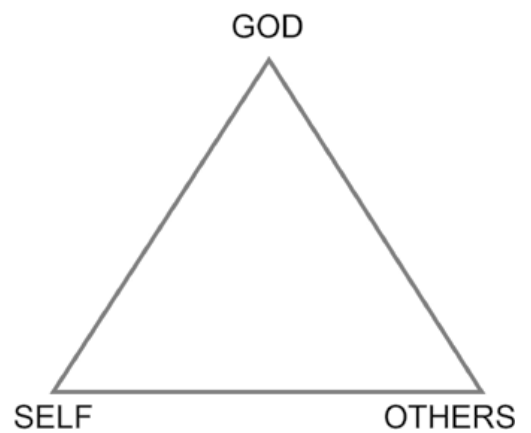
Jesus and Connecting

The Bible and Connection:

What is Connection? To love and be loved

Why Connect? It is foundational and central to life.

Whom do I connect with?



SAFETY

How do I connect with others safely?



S

A

F

E

T

Y

Invitational Posture



TASK Group Week 1

SAFETY:

What do you need to feel safe in this group?

In your culture, how common is it to ask other people questions about themselves? What sort of questions are normal?

What do you need to be able to commit to helping someone long term?

Invitational Posture

- What have you noticed?

- What is your normal way in connecting with others?

- Microskills of connection (Eye contact, body posture, non-verbal): In your culture what is appropriate when approaching another to ask for help or to offer to talk about a problem.

TASK:

Transformation: TRIANGLE - How have things been going between you and God? During this course what changes/ transformation do you think God is inviting you into?

Attitude: Remember a good (or a very bad) conversation you had recently. What attitude of the other made you feel safe or unsafe? What attitude of SAFETY if any could you potentially grow in?

Skill: To connect with others, what skills do you already use? What skills have you heard of this morning? We will be practicing these skills this week.



Knowledge: How do you increase in knowledge? (head knowledge), How is your learning style? (5 senses)

Journal

Week 2

UNDERSTANDING STEP

U **Understand**
To Know
Imitate Jesus



Listen
Locate

INTRODUCTION TO CIRCLES



U Step Skills – (Listen & start to locate) in SAFETY

Paraphrase and minimal encouragers

What is paraphrasing?

Minimal encouragers

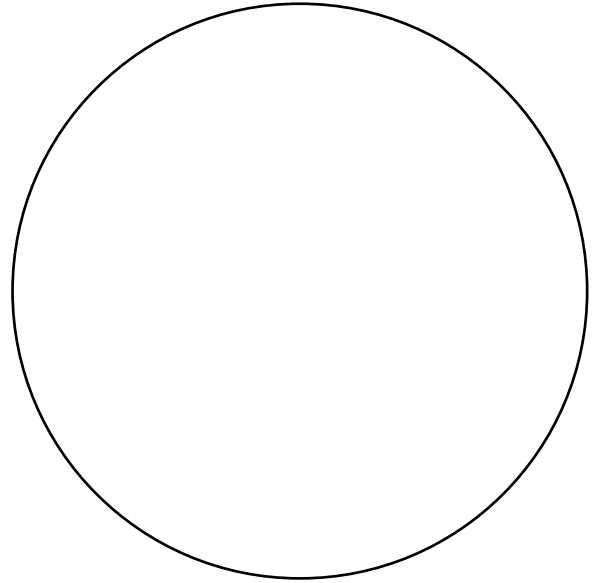
Good Understanding questions

Open questions versus Closed questions

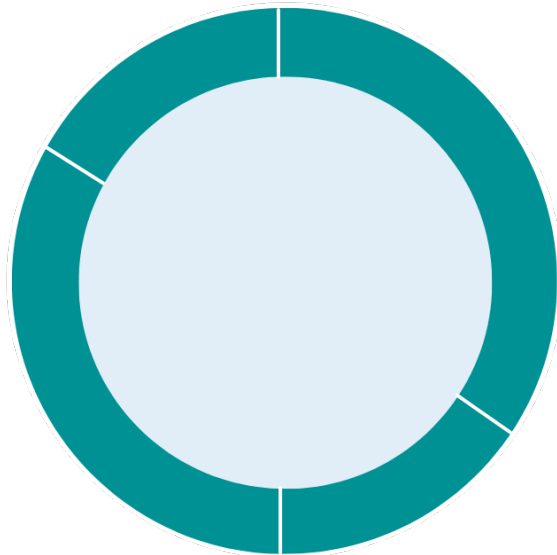
Centering questions

Summarize

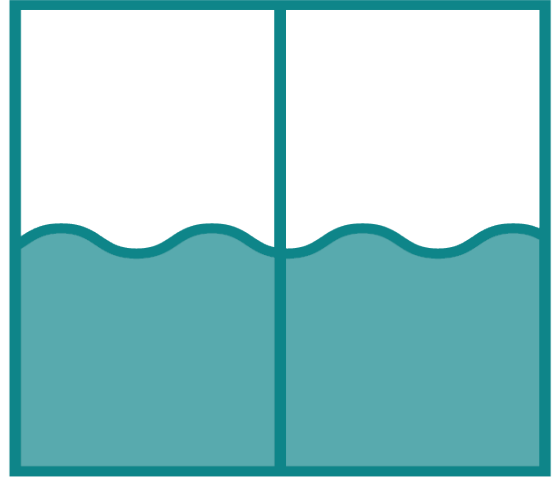
INTRODUCTION TO THE SOCIAL CIRCLE



INTRODUCTION TO THE PHYSICAL CIRCLE



INTRODUCTION TO THE SQUARE



TASK Group: Week 2

Listening Skills

- Listening Inventory

- What was surprising in the teaching about listening skills or in the listening inventory?

Paraphrasing & Minimal Encouragers

- Teaching: Ball size

- Revue the video: What did you find helpful? What was new?

- Practice in pairs by sharing about your social circle

- Debrief: How was it to be listened to? how was it to listen? What have you found difficult?

Good understanding questions

- In your culture what is a good centering question? In England it would be “What is that like for you?”

- Write a list of good understanding questions?

- Change closed to open questions

Summarize

- In same pairs summarize back to your partner what you have heard and understood about their social circle

- Debrief: Feedback to large group of experience, including difficulties. What are the benefits and discuss relevance for culture.

Square

- What have I discovered about their square?

- How do I rise above the water level? What helps me?

- What drifts me to the left? What are the slipstreams?

- What does the upper right square look like? Personalise that. What has God in mind for me?

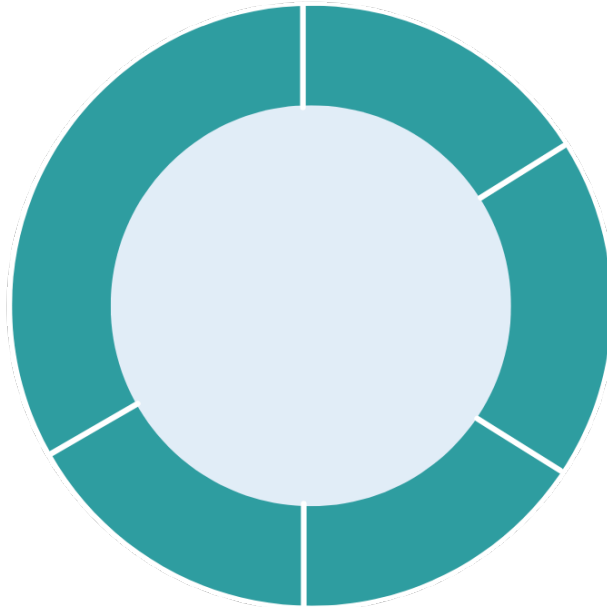
- Where are your social & physical circle on the square now?

- Plot another bible character in the four quadrants (Peter, Jona, Job)

Journal

Week 3

THE MIND CIRCLE – Overview OF THINKING AND MOOD



OVERVIEW OF MOOD (EMOTIONS)

Three main negative emotions: sadness, anxiety and anger

Mood, thinking and behaviour are all linked.

ANXIETY

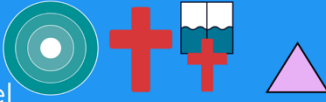
Verbal and non-verbal expressions

Family, social and cultural expressions of anxiety

Biblical examples of anxiety and God's response

INTRODUCTION TO THE RESPONSE STEP

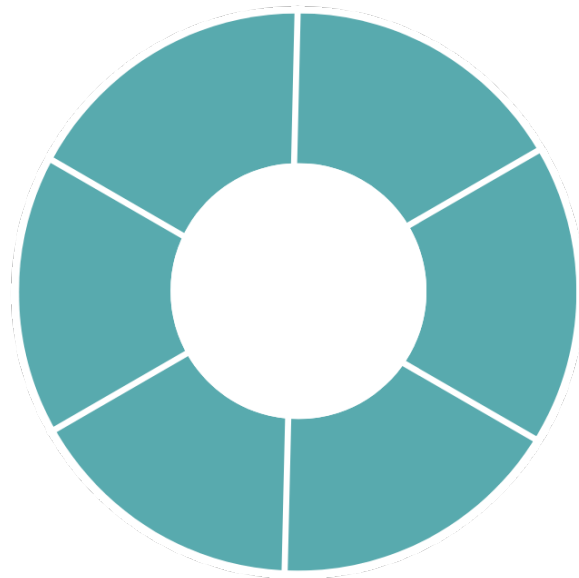
R **Respond**
To Grow
Influence for the Gospel



Toolbag
Dialogue

R-STEP FOR ANXIETY

INTRODUCTION TO THE HEART CIRCLE



COPE SECTOR

Coping Mechanisms

How we react

Styles of Coping

Fight is basically blaming others, and Flight is avoidance.

Coping is influenced by our love, truth and control sectors

Long-term consequences

(Activity) Share memories of having fun or using humour in a tough situation, and how that changed your capacity to cope?

S -

P -

(L) -

A -

T -

ANGER

Biblical view of God, who gets angry

Biblical references of anger

(Activity) How anger was dealt with in your family, parents, children, and how you feel about anger?

(Activity) Different cultures also have very different ways of socially acceptable management of anger. What are unique to yours?

(Activity) Write out all the words in your language you can think of associated with anger, e.g. annoyance, rage etc.


Identify what happens when anger is repressed and not allowed to come out

When you are angry, where do you feel it physically?

Levels of Anger

ANGER LADDER CHART

The different levels of anger

	Feeling	How it feels
	Furious	<p>Mind: My mind is completely angry. I need to express it! I may say or do something that can hurt myself or others.</p> <p>Body: My entire body feels hot. I may yell, scream, cry or use my body to express my anger.</p>
	Angry	<p>Mind: I feel very uncomfortable, like it is painful. It is hard to think clearly. I want to express how I feel.</p> <p>Body: My heart is beating fast. My jaw is tense and my fist are clenched.</p>
	Frustrated	<p>Mind: I am not getting what I want. I feel uncomfortable. If I am trying to do something, I feel like giving up.</p> <p>Body: My face and body is getting hot. My body shows I am frustrated.</p>
	Upset	<p>Mind: I am really not happy about something. I may also feel disappointed and sad.</p> <p>Body: My face and tone shows I am upset. My body is no longer calm.</p>
	Annoyed	<p>Mind: Something is bothering me. I can become more angry if it doesn't stop.</p> <p>Body: My face feels warm, my tone has changed.</p>
	Calm	I feel calm and relaxed.

R steps in Anger include

Roundabout (Draw roundabout)

STOPP

S – Stop

T – Take a Breath

O – Observe

P – Pull Back

P – Practice and Proceed

Introduction to Engage Help Step

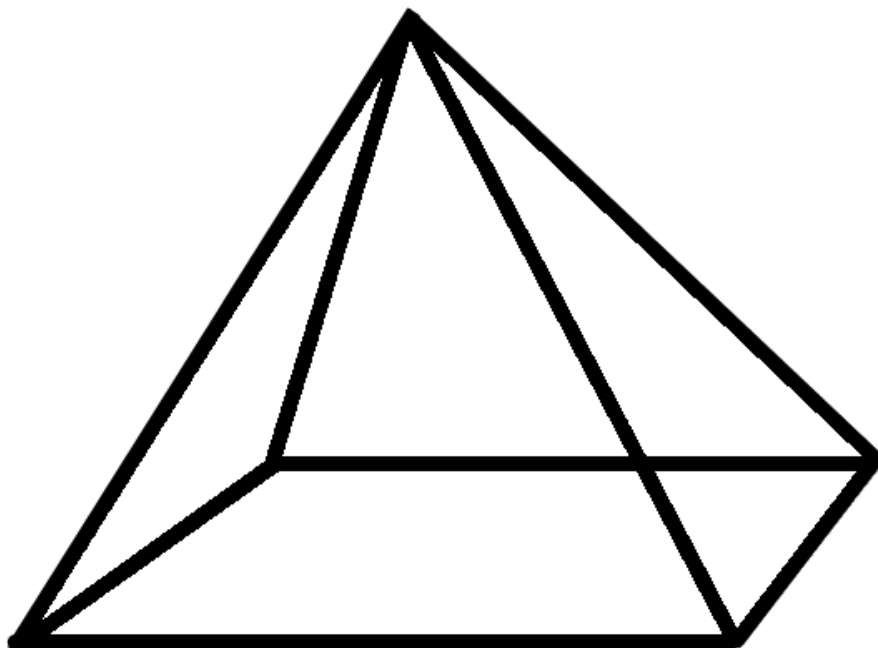
E

Engage Help

To Show: Servant Leadership
Indwelt by Holy Spirit



Biblical Basis for engaging help



Week 4

MOOD Sector

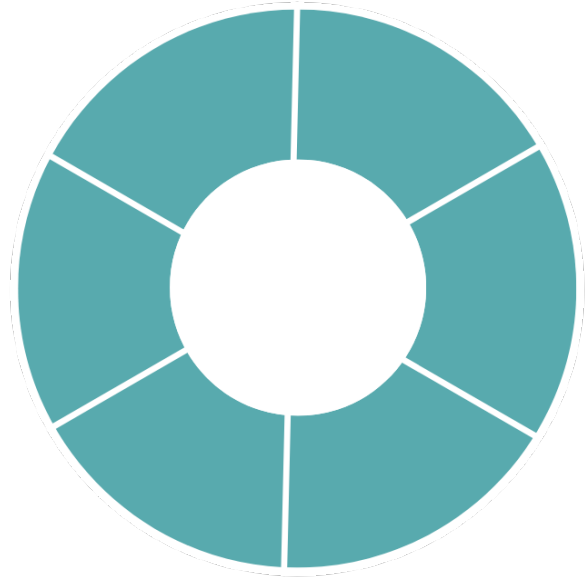
SADNESS & LOSS

MENTAL HEALTH CONDITIONS

DEPRESSION

SUICIDE

THE HEART CIRCLE



In scripture the heart-often seems to refer to the deepest part of a person

Home of the 4 “selves”

LOVE SECTOR

Healthy development of Love Sector

Attachment happens in all cultures

Unhealthy development of love sector

Living from a healthy love sector as an adult

Living from a broken love sector

How to continue growing our love sector

TRUTH SECTOR

Identity in Christ

Unique identity

CONTROL SECTOR

Fruit of the Spirit of self-control Eph 5:23

Healthy vs Unhealthy

Responsibility

Choices

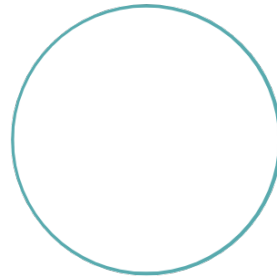
Regulation of emotions and behaviour vs impulsivity

Internal control vs letting others control us, or controlling others, sometimes a reaction to feeling out of control.

Development of control sector

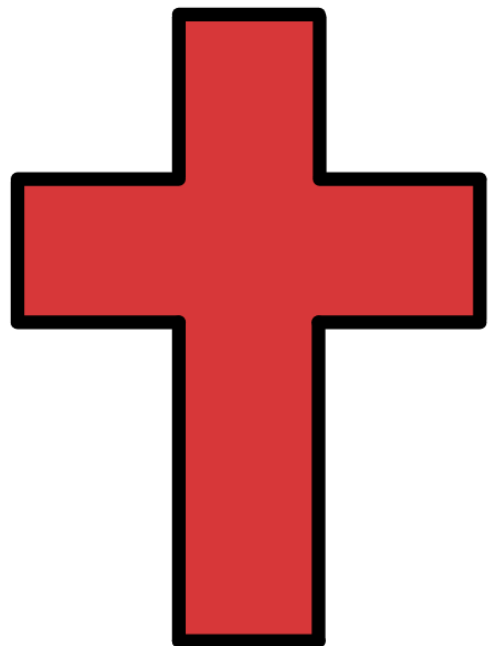
Week 5

Spirit Circle

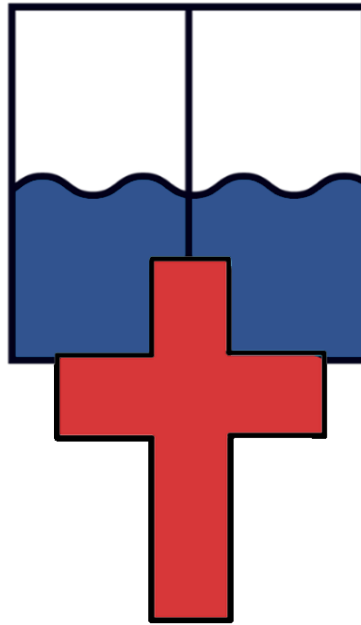


The Cross

5Ps and Fs of the cross



Combined Shapes (Square and Cross)



TASK Group: Week 5

SPIRIT CIRCLE

According to CWF: what is the meaning of an “alive spirit sector” and an “active spirit sector”?

What keeps our Spirit sector alive and active? What refreshes you in the midst of discouragement and tiredness?

Spiritual disciplines:

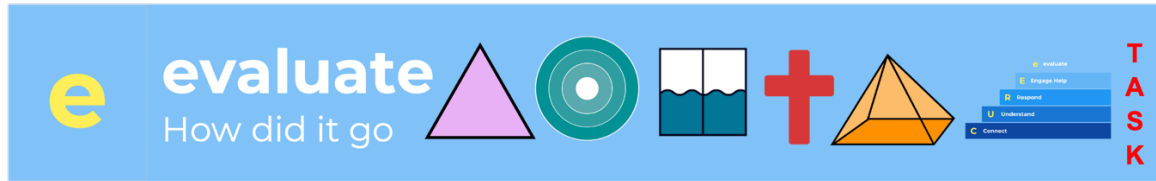
- Seeking God in prayer: hands open, kneeling, using body prayer, prayer walks, fasting...
- Listening closely to HIM: Reading or meditating on scripture (e.g lectio divina), journaling while listening to him – addressing my journals to my father God.
- Spending time speaking in tongues
- Worship with singing, music, dancing
- Practice giving, hospitality, communion
- Attending small groups – seeking fellowship
- Practicing repentance and returning home where we belong – under the kingship of Jesus.

Overall – to strive for finding our Joy in Jesus our LORD.

CROSS (Journal your reflections from the time before the cross)

Week 6

THE E STEP – EVALUATION



SELF CARE

TRIALOGUE

Give scores from 0 – 10 (10/10 is going really well, 0/10 it that is not happening at all)

- *Step 1: Connect to love: how much am I loving and being loved? What is my Connection like with God, with others ... and with myself?*

Score/comment:

- *Step 2: Understand to know: how much am I Understanding others and being Understood? To what extent do I really know God, others and myself?*

Score/comment:

- *Step 3: Respond to grow: how much am I growing and also helping others to grow?*

Score/comment:

- *Step 4: Engage Help to serve and to show love. How's that going for me?*

Score/comment:

Appendices:

1.1 What does the Bible say about sadness?

Isaiah 53:3 - He was despised and rejected by men, a man of sorrows and familiar with suffering

Isaiah 53:4 - Surely he took up our infirmities and carried our sorrows

John 11: 33 - When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved and in spirit and troubled.

2 Corinthians 1: 3, 4 &5 - The God of all comfort

Isaiah 61: 1- 4 - He heals the broken hearted, there will be comfort for those who mourn

Psalms 10:14 - You O God do see trouble and grief; you consider it to take it in hand

Lamentations 3:32,33 - Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men

Psalms 126:5,6 - Those who sow in tears will reap with songs of joy; he who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him

Matt 5:4 - Blessed are those who mourn, for they will be comforted.

John 11:37 Jesus wept

1 Peter 1:6,7 - Now for a little while, you may have had to suffer grief in all kinds of trials. These have come so that your faith – of greater worth than gold, which perishes even though refined by fire – may be proved genuine, and may result in praise, glory and honour when Jesus Christ is revealed.

God's ultimate goal to replace sadness and mourning with joy

1.2 Grief

What is the difference between grief and loss? What types of losses can you think of? What do you think of this statement: Losses need to be grieved?

How comfortable are you to sit with someone who is experiencing grief?

1.3 Suicide

1. How often do you experience suicidal thoughts?
2. What is their content?
3. Do you ruminate about suicide? (rehearse the plan?)
4. What ways have you considered killing yourself?
5. Have you made any specific plans to do this, including time, date, place?
6. Have you written a goodbye note//text to be found when you are found?
7. How would you feel if you tried to but failed to commit suicide?
8. Have others: family members/friends/role models committed/attempted suicide in the past?
9. Have you previous attempts of suicide before? When? How?
10. What is preventing you committing suicide?

Additional Risk Factors

Trauma/anniversary of trauma/ 4-8 months from major disaster eg earthquake where many people died. Concurrent mental illness especially if uncontrolled state eg Bipolar Mood Disorder /very depressed

- Recurrent auditory hallucinations/hearing voices saying 'kill yourself'
- Age over 60
- Large alcohol consumption
- Lives alone

Risk Assessment

The more risk factors the higher the relative risk of suicide. Assess risk level as low medium or high and develop a management response plan accordingly.

Find out who would be the person who could most help the client at this point in their life?

Find out how could you help the client most right now?

Assessment -> decide if the client is at low (few of the above issues) medium (some), or high risk (many issues especially serious ones).

Response

Depends on client risk status and desires as below (Hence thorough C and U steps needed)

If client desires help -> plan assistance and stay connected 100% until safe help arrives.

If client does not desire help -> invite them to share the situation with the person they think could help the most.

May need some coaching e.g. "your mum might really like to know this, to help you even if you feel so helpless"

If client unwilling to do either then counsellor will need to raise the issue of breaking confidentiality and invite assistance.

- Avoid this if possible as the person is highly likely to become angry - a break of trust is a large trigger for most people though at times it also brings relief.
- Invite help from nearby others e.g. admin assistant etc. e.g. to bring in a cup of tea.
- STAY with the client in a safe place e.g. locked room until help arrives or client is transferred safely.
- NOTE these things take a lot of time – cancel your program for the next few hours so you can manage this urgent situation safely and well.

Engage Help

If low risk -> managed by school counsellor with frequent review, immediate and medium-term problem solving, monitoring by safe person at

home/school. Note repeated review of suicidal status is important – if risk increases then change strategy as below.

If medium or high risk -> immediate referral to most experienced practitioner accessible – professional counsellor, psychiatrist, or consider phone consultation if no help nearby. Stay with client with at least one person present and connected with the client until extra help arrives or client is safely transferred.

Follow up when client returns to school community setting.

Evaluate

Like any good rescue operation, always evaluate how the process went – despite whether it was successful or not. Especially if not – evaluate the process with all players involved; not as a blame but a learning and how-to-improve exercise.

Other Tips

- Note that whilst the assessment may indicate low risk for example, if your intuition implies this client is at risk then go with your impression. Also remember that even seemingly low risk cases still do suicide at times.
- Have a suicide management plan available and well understood by all personnel likely to be involved.
- Have someone else as well as the school counsellor trained in case the counsellor is away/sick etc.
- Establish referral links before you need them. Eg police, hospital and/or psychiatrist phone number etc.
- Keep phone numbers and back up numbers easily available to all.

1.4 Body scan Exercise:

Set the scene: Find a quiet, comfortable space. Sit or lie down.

Focus: Close your eyes or focus on a point in front of you.

Breathe easy: Take deep breaths in through the nose and out through the mouth.

Focus on your toes and observe any sensations. Imagine a wave of relaxation starting from your toes.

Legs and lower body: Move your attention upwards—ankles, calves, knees, and thighs. Pause at each spot to notice sensations and release tension.

Arms and hands: Start at your fingers and move towards your shoulders. Observe and breathe into any tense areas.

Focus on your upper body, particularly the rise and fall of your chest and belly. Imagine filling this area with calmness as you breathe.

Move focus to your head. Notice sensations in the face, jaw, and scalp.

Closing - Bring attention back to your breath. Slowly open your eyes when you're ready.

If you need more guidance, try out this [guided body scan](#).

<https://www.calm.com/blog/body-scan>, October 2024

1.5 Listening Inventory

Rates yourself on the following score:

1 - hardly ever , 2 – not often, 3 – sometimes , 4 – half the time, 5 – more often, 6 – frequently, 7 – very often

1 2 3 4 5 6 7

1. When helping others you give advice more than listen.
2. Others would say that you are “quick to speak, *slow* to hear.”
3. You are a “selective” listener, meaning you tend to perk up and listen only when the item is interesting to you.
4. When others are speaking, your mind wanders.
5. When you disagree with someone, you “shut them out” of your listening.
6. In a discussion, you often stop listening before someone is finished because you are focusing on how you are going to respond.
7. You often interrupt others when they are speaking.
8. You tend to listen better to people you consciously or subconsciously consider “worthy to be heard.”
9. You find yourself making a decision about what someone is sharing before they have finished.
10. You prefer putting across your opinion than being curious about what another person is saying, and why they think or feel that way.

1.6 GOOD CONNECTING AND UNDERSTANDING QUESTIONS

1. Entry Questions (CONNECT STEP)

- How have you been?
- How have things been going since we last met?
- What would you like to talk about today?

2. Centering Questions (UNDERSTAND STEP)

I'm wondering...

- How is that for you?
- How does that affect you?
- What's that like for you?
- What comes to mind as you think about this?
- What are you thinking about that?
- How does/did that feel? How strong is your feeling right now?
- What does that mean for you?
- How did that impact you?
- What's happening for you now?

1.7 Trialogue Process

1. CONNECT TO GOD

- Recall a time of strong connection with Jesus, God or the Holy Spirit. Sit with Him in that memory or experience
- What do you see, hear and sense?
- What do you perceive within your heart? (love, truth, control)
- What do you feel emotionally?
- What do you notice in your body?

2. COLLECT

- Collect the burden, the client summarizes the issues they have shared with the counselor, and speaks them directly to Jesus.

3. COMMIT

- Give the Burden to Jesus. The client chooses to make a specific act of commitment, of handing over the issues to God.

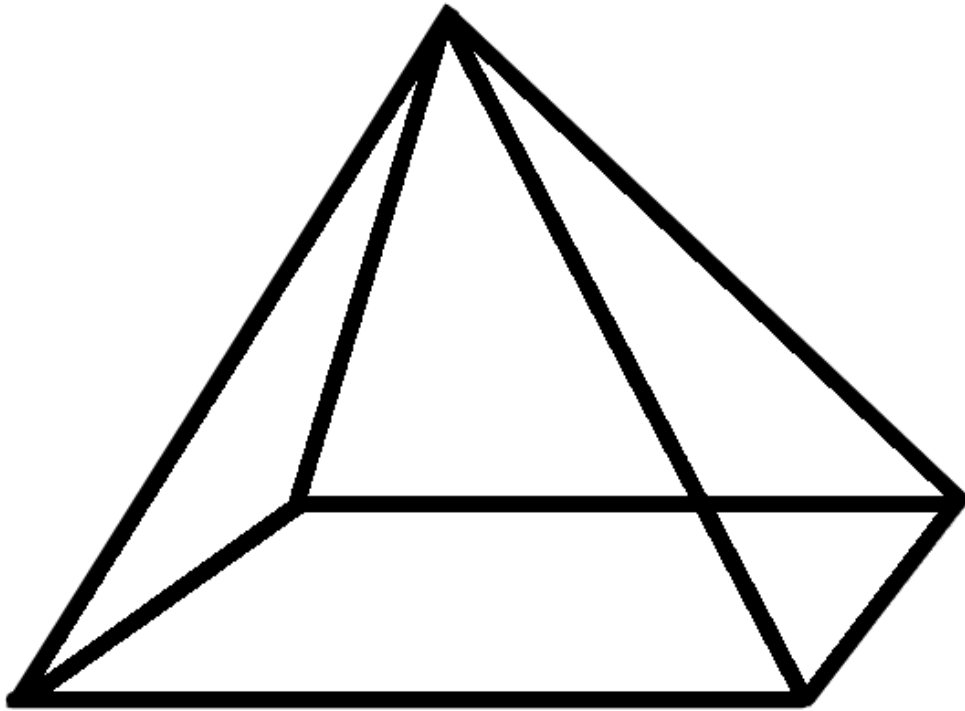
4. CENTRE

- Counselor encourages on going God-client interaction. May say: Let's wait on God now/ sit with that.
- Counselor reflects key words, and may ask:
 - What's happening for you now?
 - What does that mean for you?

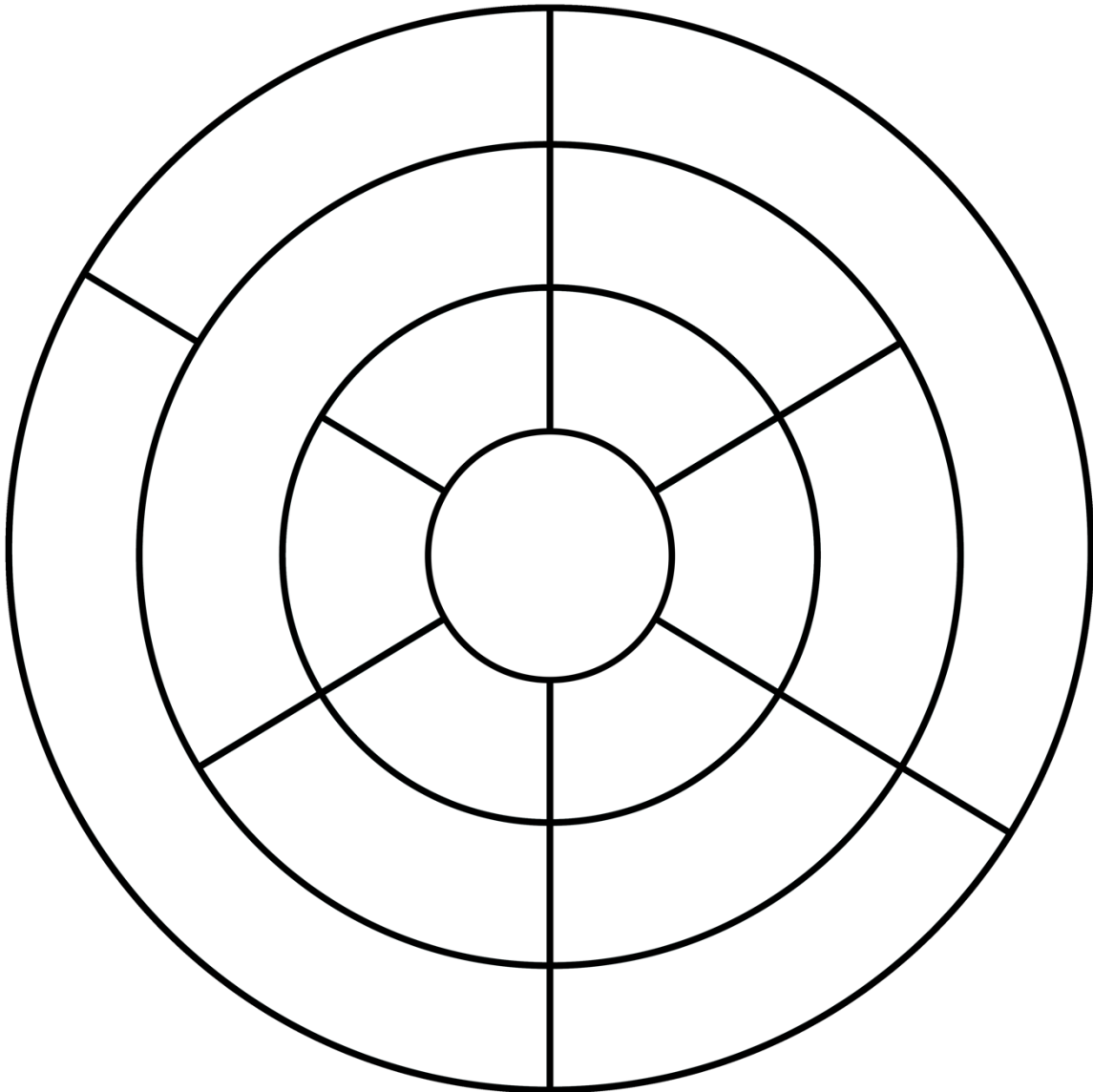
5. CONCLUDE

- Bring session to close when appropriate.
- Orientate client to the present. Ask: How was that for you?

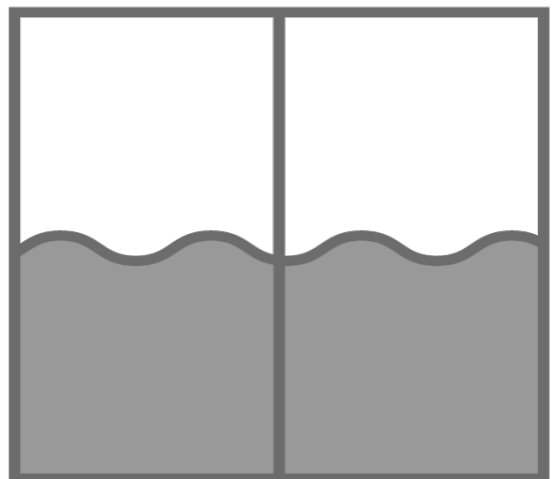
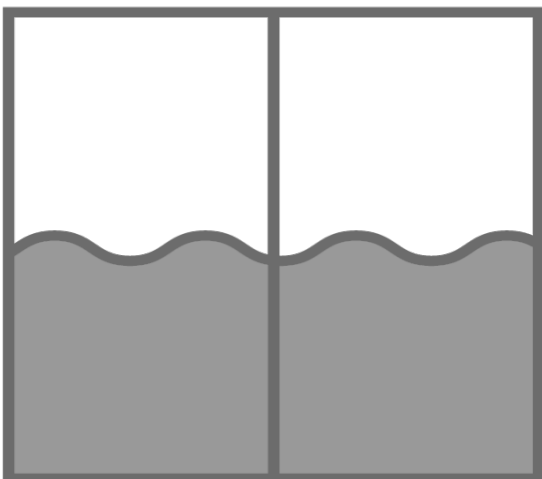
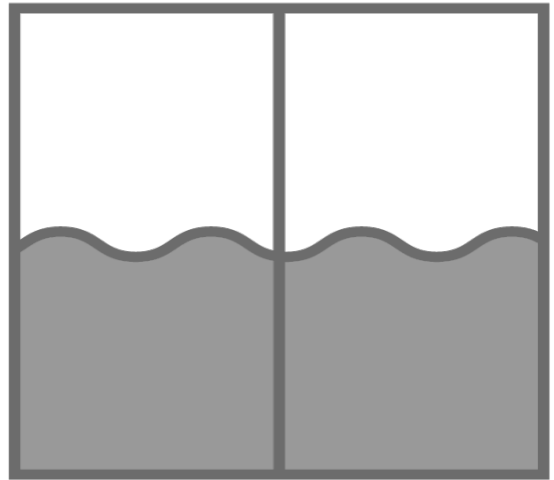
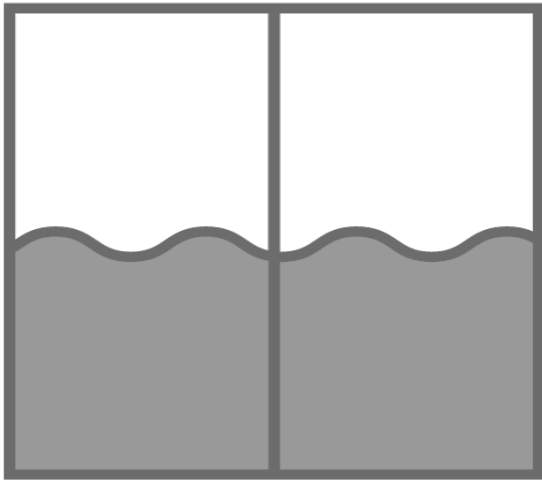
1.8 My Pyramid



1.9 Circles



1.10 Square





Foundational Living Wholeness Approach

e How did it go **evaluate**

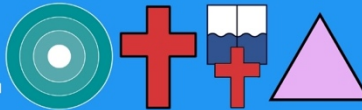


T Transformation
A Attitudes
S Skills
K Knowledge

E To Show: Servant Leadership
Engage Help
Indwelt by Holy Spirit



R To Grow
Respond
Influence for the Gospel



Toolbag
Triologue

U To Know
Understand
Imitate Jesus

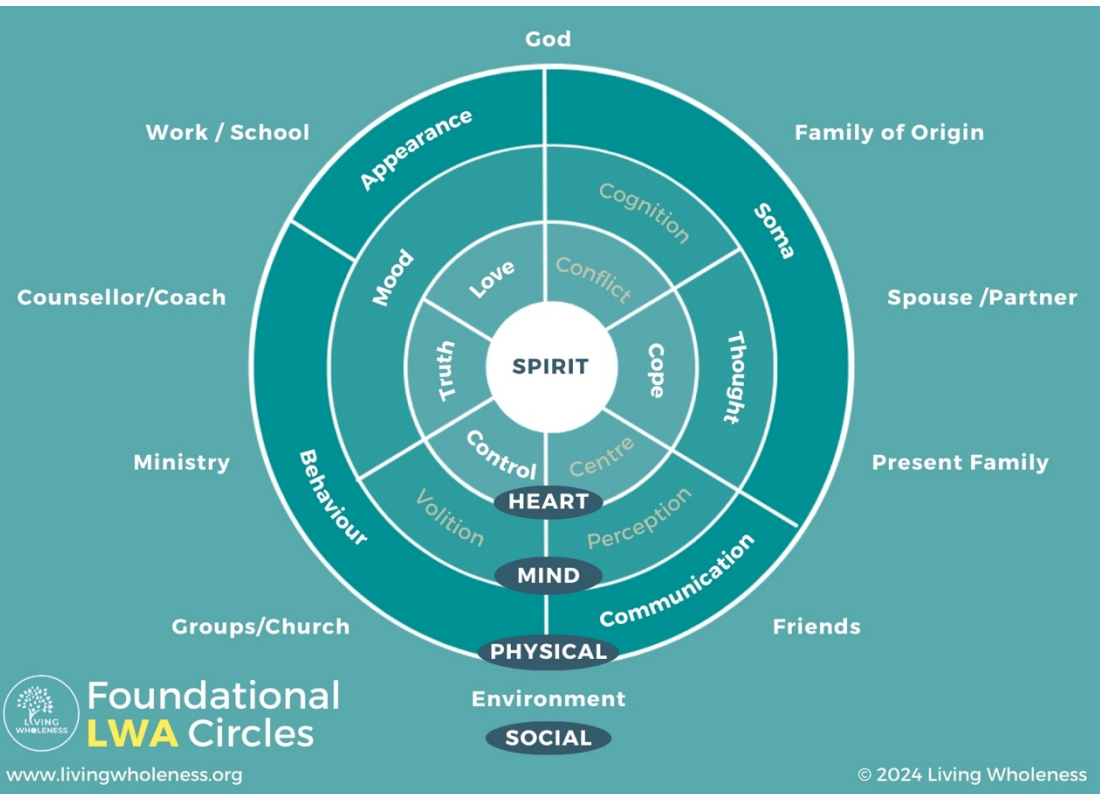


Listen
Locate

C To Love
Connect
Intimacy with God



Attach
Attend
Accompany
Attune



Foundational LWA Circles