

Additional Forms & Helpful Documents

For your convenience, the following pages include a variety of documents, forms, and poems to enrich your group experience and to help prepare you and the participants for the journey ahead. Keep in mind that not every group uses all forms; choose what works best for you. All forms are available for FREE download at www.shadiahrichi.com. Simply look for the *Worthy of Love* Resources page.

Recommended

- **Group Etiquette Guidelines** (Recommended): This document helps set the tone for the study. It should be distributed and reviewed with all members of the group at the first session.
- **Commitment to Group**: This document is designed to help participants take “ownership” of their commitment to healing. Participants should read, sign, and turn in this form during the first session.
- **Confidentiality Waiver**: Use this form to ensure participants understand the importance of building group trust by committing to keep information shared within the group confidential. Participants should read, sign, and turn in this form during the first session.
- **Sign up/Contact Information** (Recommended): Use this form to collect participants’ contact information. Bring to first session.
- **Before Me, You** – a poem (Recommended): This poem is introduced in Session 4. Copies should be provided to all members of the group.

- **A Pre-born Child's Conversation** – a poem
(Recommended): This poem is introduced in Session 8.
Copies should be provided to all members of the group.

Optional

- **Participant Information Questionnaire:** This form is provided to help the leaders/co-leaders better prepare to serve each participant. Participants should complete the form either prior to or during the first session.
- **Objectives:** This form provides participants with a clear outline of the group's objectives. This form may be helpful for women who arrive at the first session, but who are still considering whether or not to sign up for the study.
- **Support Team Letter:** This document provides participants with a simple way to invite prayer support from friends and family as well as providing friends and family with helpful advice as their loved one journeys through **Worthy of Love**.
- **Evaluation** (Respectfully Requested): Please have each participant as well as leaders/co-leaders complete the evaluation form. This feedback is exceedingly helpful to the ongoing work of the ministry. Forms should be completed at the end of the last session.

Group Etiquette Guidelines

- No Rescuing - Please refrain from advising, analyzing, rescuing, or attempting to 'fix' another member of the group, as this can interrupt or hinder her healing journey. This may be the first time she has been given freedom to grieve; give her space to do so.
- Freedom to Exit – Participants may elect to drop out of the study after attending the first session.
- Commitment – Participants are expected to commit to attend all group sessions and to arrive each week prepared to discuss the homework.
- Respect - This is a non-judgmental Christ-centered group that integrates recovery tools from the study *Worthy of Love*, the Bible, and prayer. Please recognize that participants may have different religious backgrounds.
- Considerate – Please do not interrupt another person while they are speaking (remember “no rescuing”). Be sensitive to the time by not monopolizing the conversation; leave time for each person to share.
- Healthy Environment – No alcohol or other substances that may hinder your ability to fully participate in the group. No cell phones.
- Focus – In order to gain the most from the study, the focus should remain on abortion. At the same time, be mindful that this is not a therapy group. The leaders/co-leaders are volunteers who serve out of their own life experience and do not necessarily have professional training.
- Confidentiality - Due to the sensitive nature of the *Worthy of Love* study, it is important for all participants to keep the information discussed within the study group confidential.
- Arrive on Time - Be considerate of each another's time; please arrive on time.

Commitment to Group

I, _____ (participant) am making
this commitment beginning on _____ (start date)
to _____ (end date) with _____
_____ (leaders/co-leaders).

- I commit to attend all sessions except in the case of an emergency.
- I agree to call a group leader if I am unable to attend a meeting due to an emergency.
- I agree to keep in confidence all personal information discussed in the group.
- I agree to do the homework each week and participate fully in the group.
- I agree to share my thoughts, memories, feelings and discoveries with the group.
- I agree to respect and value each member of the group.
- I agree to refrain from discussing the lesson with others until it is discussed with the group.
- I understand that if I arrive under the influence of alcohol or non-prescription drugs, I will be asked to leave and someone will be called to drive me home.
- I agree to abide by the Group Etiquette Guidelines during each session.

I understand and agree to all the above statements and willingly enter into a relationship with the members of this *Worthy of Love* Bible study group.

Note: *Worthy of Love* Bible Studies are offered by grateful volunteers, and do not intend to substitute for any mental health treatment.

Signed _____

Date _____

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Confidentiality Waiver

Worthy of Love Bible studies are facilitated by volunteers who have not necessarily been trained in counseling. Consequently, the Bible study and the post-abortion group are not intended as substitutes for professional counseling. Leaders may suggest outside counseling to participants if they see a need.

While the Participant Information Questionnaire is for the group leader/ co-leaders use only, all other information discussed within the study group is to be kept completely confidential. At no time are participants to disclose the names of other group members to anyone outside the group. Nor are participants to share part, or all, of another group member's story with anyone outside the group without that member's consent.

There are certain circumstances under which the leaders/co-leaders would be compelled to break confidentiality. For example, if they believe you are at risk for suicide; if they suspect criminal sexual or physical abuse; or if they believe you intend to harm another person.

Due to the sensitive nature of the *Worthy of Love* study, it is important for each participant to be able to trust that what they share with the group will remain confidential. The purpose of this waiver is to confirm that participants understand and agree with this need for confidentiality. Once signed, the group leader will retain this waiver with your personal information.

~

I have read and understand the above. I realize that all information shared during *Worthy of Love* group meetings is strictly confidential.

Participant

Date

Group Leader

Date

Before Me, You

by Shadia Hrichi

Before I entered the womb you prepared for me,
You knew me.

Before I was born,
You looked upon me.

Before my first cry,
You whispered my name.

Before I could walk,
You carried me.

Before I turned to you,
You died for me.

Before I carried my cross,
You walked to Calvary.

Before I whispered your Name,
You cried out for me.

Before I looked up,
You rose for me.

Before I knew you,
You entered heaven to prepare a place for me.

A Pre-born Child's Conversation With His Heavenly Father

by Delia Baker Hutto March

Father God, when is my mommy going to be here?

Soon, my child, soon.

Can you tell me how long?

There is no measure of time with me, my child.
She is busy right now doing the work I've given her to do.
When all that is done, she'll be here.

Is she going to know me when she gets here?

Yes, she will, my child, I'll let her know.

What does she look like, Father God?

Why, she looks a lot like you, my child. The same color hair,
the same eyes, the same nose,-
you resemble her a lot.

What do you think she's going to do when she sees me?

She will run to you, take you in her arms,
and love you just as any other loving Mother would do.

Father God -why has she never held me in her arms before?

She never had the chance to do so, my child.

Why did she never have the chance, Father God?

I don't remember, my child.

"For I will be merciful to their iniquities, and I will remember their sins no more."

(Hebrews 8:12 NASB)

Worthy of Love

Participant Information Questionnaire

The purpose of the Participant Information Questionnaire is twofold. First, having some background information about you will help the group leaders/co-leaders better understand how to support you as you work through *Worthy of Love*. Second, answering these questions will help you begin the important process of thinking back on the abortion(s), perhaps for the first time, as you prepare to move forward through your participation in the study group. The questionnaire is intended for leader/co-leaders use only. No one else will have access to this information without your consent.

You will be invited to share your abortion story with the study group. This is a very important step in the healing process, especially if you have never talked about it with others. As the study gets underway, you will be encouraged to engage in the group discussions as much as possible; to “break the silence.” The more you allow yourself to bring details associated with the abortion(s) into the open, the more opportunity there will be for healing.

It may be difficult to recall some details as you go through the questionnaire. That is okay; you are likely to remember more as the study progresses. For now, please answer as completely as possible. Bless you, dear sister, as you begin this journey of hope and healing!

Participant Information Questionnaire

(Confidential information - leader/co-leaders use only)

Name:

Today's Date:

Address:

Email:

Phone:

Date of Birth:

Occupation:

Marital Status: Married__ Separated__ Divorced__ Single__ Widowed__

Abortion History

	Approximate Date of the abortion	Your age at the time of the abortion	Approximately how many weeks pregnant were you?	Abortion type/ procedure
1				
2				
3				
4				

(Use additional paper or the back of this form if you need more space.)

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Have you ever sought counseling regarding the abortion(s)? Yes No
If yes, what were the results?

Have you ever been prescribed medication, for example, antidepressants, for depression or other psychological or emotional symptoms? Yes No
If yes, please explain:

Have you ever been or are you currently involved in counseling or support groups (i.e., AA, drug abuse recovery, grief recovery, sexual or physical abuse recovery)? Yes No
If yes, please explain:

How familiar are you with the Bible?
Not familiar Somewhat familiar Very familiar

Thank you for completing the Participant Information Questionnaire.

Objectives of the Worthy of Love Study Group

The primary objective of this study group is to provide you, the participant, with a safe, confidential place to process wounds from past abortion(s). By entering into a community of peers who have experienced similar wounds and stories, you will find encouragement by discovering you are not alone.

A second objective is to help you recognize the destructive beliefs you have held onto, and to replace those beliefs with truths from God's Word. Part of the healing process is to explore and understand sources of destructive beliefs within a safe place, surrounded by others on the same journey.

A third objective is to provide you with meaningful relationships within the study group itself, where you can experience God's unconditional love as well as grace and compassion from others who have walked a similar path.

A fourth objective is to encourage you to take an active role in your healing journey. You are strongly encouraged to take the steps necessary to create space in your life to complete all homework assignments, and to keep a journal (not required, but strongly recommended). You will be expected to attend each session and encouraged to participate in the group discussions.

Support Team Letter

Dear Supporting Friend/Family Member(s):

Your loved one has begun a journey of healing from past abortion by choosing to participate in a post-abortion study group called *Worthy of Love*. As this can be a difficult time, you are encouraged to be sensitive to her needs and, if you are a person of prayer, to pray for your loved one during the course of the study, and in the weeks following its completion.

Here are some ways you can support and encourage her:

- Allow her to share her feelings with you if she expresses a desire to do so. Always let her be the one to initiate the discussion.
- Be a good listener.
- Remind her that healing is a process, and may not happen immediately.
- Be dependable.
- Let her know that you are praying for her.

Thank you for your support!

Evaluation

Your Name:

Date:

Your City/State:

1. Did this study meet your expectations? Why or why not?
 2. What did you like most about this study?
 3. Is there anything you would change about this study?
 4. What would you tell someone else who is considering doing this study?
 5. May we use your comments to encourage others about the study?
YES NO
- If yes, may we include your first name and city/state? YES NO
6. Please help spread awareness by rating the book on Amazon.com and Christianbook.com.

Thank you for taking the time to make this Bible Study better for future readers.

Let's stay in touch!
Find *Worthy of Love* on Facebook.

Worthy of Love - Leader's Guide
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