

DETERMINE THE S.O.S.

Seriousness	1	5	10
	Wisdom issue	Moderate conflict	Crisis
	Mild Stress	Distressed but functioning	Stronghold sin
	Everyday problems	More complex issues	Significant suffering
Ownership	1	5	10
	Repentant	Sees sin	Blameshifts
	Open, humble	Makes excuses	Defensive
	Highly teachable	Moderately teachable	Denial - Not teachable
Support	1	5	10
	Close to family	Some family support	Estranged from family
	Intimate & Accountable	Few friends	No friends
	Vulnerable in small group	Somewhat open in small group	Isolated - Not in small group

- How long has this been going on?
- How are you thinking / feeling about the situation?
- Is it better or worse than X months/weeks ago?

- How have you contributed to this situation?
- Where have you sought counsel on this?
- What have you done about it?

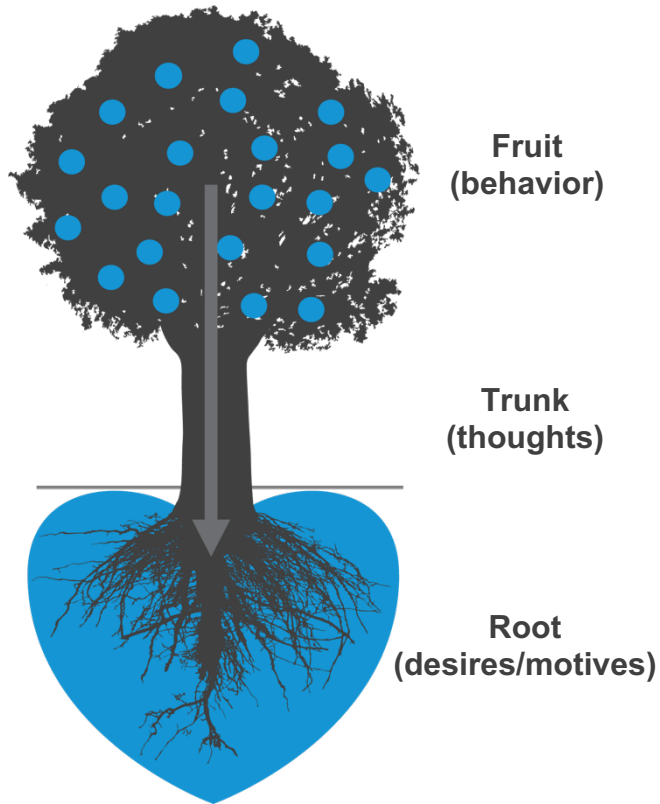
- Who else knows about this?
- How have they helped you?
- How can I pray/support you during this time?

Scores:

To find the right score, add your severity, ownership, and support scores together, you should come up with a score between 3 and 30. The following ranges will help you decide what to do next. Remember you need to adjust responses on a case-by-case basis.

- 3-15 Care for in the group; consult with your life group leader
- 16-24 Consult with life group leader; possibly refer to Biblical Counseling Center for formal counseling
- 25-30 Refer to Pastor/Elder and Biblical Counseling Center for formal counseling

FROM FRUIT TO ROOT



Describe the situation...and your response to it.

ANGER	FOOLISHNESS
Interrupting/defensive	Deceiving/lying
Impatient /Irritable/Intimidating	Joking/distracting
Critical of others	Insensitive/Immature
Sarcastic/harsh (peace breaker)	Attention seeking/over emotional
DESPAIR	FEAR
Hiding/escaping	Controlling/avoiding
Complaining/grumbling	Second guessing
Lonely/dependant	People pleasing
Self-conscious/shy	Enabling/appeasing (peace faker)

What were you thinking or feeling?

ANGER	FOOLISHNESS
Bitter/vengeful thoughts	Selfish/blame-shifting thoughts
Condemning/judgmental thoughts	Obsessive thoughts/fantasy
I'm right/I can't be wrong	I'm a trouble maker
I'm entitled	I can't help it
DESPAIR	FEAR
Defeating/doubting thoughts	Perfectionistic/self-protective thoughts
Self-pity/jealousy	Victim mentality/thoughts of shame
I'm a loser/w hy go on?	I'm damaged goods/never good enough
I'm unw orthy	I'm unlovable

What did you want?

ANGER	FOOLISHNESS
Control	Pleasure
Authority	Attention
Power	Greed
DESPAIR	FEAR
Comfort	Security
Affirmation	Acceptance
Escape	Peace