

1. As a result of this Course, I am beginning to realize...

2. How would you rate the elements of this Course on a scale of 1 (lowest) to 5 (highest)?

A specific comment, along with your number, sheds even greater light.

RATING

- Session 1: The Problem of Emotionally Unhealthy Spirituality

Comment:

- Session 2: Know Yourself that You May Know God

Comment:

- Session 3: Going Back in Order to Go Forward

Comment:

- Session 4: Journey through the Wall

Comment:

- Session 5: Enlarge Your Soul through Grief and Loss

Comment:

- Session 6: Discover the Rhythms of the Daily Office and Sabbath

Comment:

- Session 7: Grow into an Emotionally Mature Adult

Comment:

- Session 8: Go the Next Step to Develop a "Rule of Life"

Comment:

3. What were your “rhythms” with God before the EHS Course?

Describe any progress you have made.

4. What was most valuable to you during the Course? Why?

5. What could have been more helpful? How could it have been more helpful?

6. What else would you like to share with us that can help us improve the next time we offer the EHS Course?
