

## Revelation Gateway Ministries Abuse Recovery Network

### How to Be an Adult Workshop

Facilitated by Kay Elise Tolman

#### Workshop Content

The heroic journey of personal transformation is not for the faint of heart. It is the deeply felt longing of the soul to overcome the challenges of unmet needs, brave the turbulent waters of emotional neglect and navigate with perseverance the call to adulthood. In this workshop we will dive deeply into some great content from the book "How to be an Adult." With this brief text we will explore topics such as assertiveness skills, fear, anger and guilt. We will also discuss self-esteem and personal boundaries as well as intimacy, the ego, the shadow self, and unconditional love. We hope this small group will be a welcome catalyst to facilitate your personal growth.

#### Meeting Information:

This group will meet via Zoom video conferencing on a weekly basis for 50 to 60 minutes on Monday nights beginning on April 20<sup>th</sup> from 5 to 6 pm Central time. We will skip Memorial Day (May 25<sup>th</sup>) and finish on July 27<sup>th</sup>, 2026.

#### Study Group Concept:

This small group will create a safe environment to process our thoughts and feelings as we embrace maturity and adulthood. Reading and group participation are voluntary. The objective of the group is to build trust in relationship and community for the healing of emotional wounds in a Christian environment. If you choose to read the weekly chapter, do so in preparation of the weekly meeting.

#### Materials:

- 1) *How to Be an Adult; A Handbook on Psychological and Spiritual Integration* by David Richo
- 2) A journal of your choice to process your thoughts, feelings and insights
- 3) Bible – version of your choice

Feel free to highlight and make notes in your book. These are things you may want to share with the group or remember for future personal reference.

**Week #1 – April 20<sup>th</sup>, 2026****Homework Plan:**

*Forward*

*Introduction: The Heroic Journey of Human Transformation*

Read Chapter 1 – *Growing Pains & Growing Up*

Journal your thoughts and feelings

**Week #2 – April 27<sup>th</sup>, 2026****Homework Plan:**

Read Chapter 2 – *Assertiveness Skills*

Journal your thoughts and feelings

**Week #3 – May 4<sup>th</sup>, 2026****Homework Plan:**

Read Chapter 3 – Fear: Challenge to Adulthood I

Journal your thoughts and feelings

**Week #4 – May 11<sup>th</sup>, 2026****Homework Plan:**

Read Chapter 4 – Anger: Challenge to Adulthood II

Journal your thoughts and feelings

**Week #5 – May 18<sup>th</sup>, 2026****Homework Plan:**

Read Chapter 5 – Guilt: Challenge to Adulthood III

Journal your thoughts and feelings

**Week #6 – June 1<sup>st</sup>, 2026****Homework Plan:**

Read Chapter 6 – *Values and Self-Esteem*

*Summary Reflections*

*Declarations of Healthy Adulthood*

Journal your thoughts and feelings

**Week #7 – June 8<sup>th</sup>, 2026****Homework Plan:**

Read Chapter 7 – *Maintaining Personal Boundaries in Relationships*

Journal your thoughts and feelings

**Week #8 – June 15th, 2026****Homework Plan:**

Read Chapter 8 – *Intimacy*

*Summary Reflections*

*Adult Living in Relationships*

Journal your thoughts and feelings

**Week #9 – June 22nd, 2026****Homework Plan:**

Read Chapter 9 – *The Art of Flexible Integration*

Journal your thoughts and feelings

**Week #10 – June 29th, 2026****Homework Plan:**

Read Chapter 10 – *Befriending the Shadow*

Journal your thoughts and feelings

**Week #11 – July 6th, 2026****Homework Plan:**

Read Chapter 11 – *Dreams and Destiny: Seeing in the Dark*

Journal your thoughts and feelings

**Week #12 – July 13th, 2026****Homework Plan:**

Read Chapter 12 – *Ego/Self Axis Where Psychology and Spirituality Meet*

Journal your thoughts and feelings

**Week #13 – July 20th, 2026****Homework Plan:**

Read Chapter 13 – *Unconditional Love*

*Summary Reflections*

*Affirmations*

Read Appendix – *Ways to Show Integrity and Loving Kindness*

Journal your thoughts and feelings

**Week #14 – July 27th, 2026 - Last Meeting**

What were your takeaways from the book?

What did you glean from the group meetings?

How have you grown?

Journal your thoughts and feelings