THE EHS COURSE FEEDBACK FORM

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.

   - 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:

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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?**