

Journal # 8
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In last week's therapy session, we, the group members were allotted the opportunity to be facilitators instead of regular group members. At the beginning of the group session, the therapist expressed that she was not feeling well, hence, she informed us to take control or lead the group. In my view, it was refreshing as we had the opportunity to talk deliberately about any subject of our choices and not be asked to provide feedback. We did provide feedbacks, however, the feedbacks that were given, including comments that were made, were given solely because we desired to, not because we were asked to. Moreover, compared to our previous therapy sessions, last week's therapy session felt enormously short. I was shocked when the therapist announced that it was time for the group to dismiss.

Further, one of the things that the group has done for us as members stemmed from the connection and the closeness that, we, the group members currently have. In retrospect, when we first gathered as a group, I simply know most of the group members' names and that we have previously taken a course together. In my sight, we were solely classmates or being part of the same cohort. Now, the group has brought us together and I personally believe that we are more than just classmates. During these past eight weeks, we have grown and have formed a bond that surpasses the realm of a therapy group. When a group member is absent, I tend to miss their presence in the group and feel that without this person, something is missing in the group.