

Jeanette Farias
Group Dynamics
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Journal Entry 1

Something to know about me is I'm indecisive. It's my worst trait and something I have been working on. Now you can imagine how hard it was for me to choose a therapist for group. Initially I wanted Leslie Quinn because of how highly she was talked about and even when I spoke to her she said she would use resources I can use at my job. However her time conflicted with my work schedule. Now it was left to Nancy and Julie. Going into this, I prayed and left it in God's hand. I wanted to work with Julie because she's a colleague of Professor Dee and Professor Dee is awesome and the improv work she does is engaging. I submitted the form but didn't hear back. In the meantime I heard back from Nancy and saw it as a sign. I'm not sure how I feel about it to be honest. In our initial conversation she seemed a bit too easy going for me, which isn't bad but I like structure. I'm the person that plans everything out and I mean everything. I have agendas, alarms and sticky notes everything so I can feel in control. Again, something I'm working on because it can be a pro and a con. When I was speaking to Nancy and I asked how it would be she said she let's us talk about anything we want, and again I feel a bit uneasy about it. As I'm writing this I'm thinking maybe this is what God wants me to learn. To go with the flow, for trust even if I don't understand or see it going anywhere. To swim with the current not against it. Lessons I can learn with the process and while I'm in it. This writing really cleared my mind, maybe Nancy's group is where God wants me. Praying for the best because ultimately I just want to learn.