

This week in group therapy there was a slightly different dynamic. It was more quiet and everyone seemed subdued. I struggled to stay awake. I can only speak for myself on the reason why I was more quiet than the week prior. I have been going through a bipolar episode. I am affected by the change in weather, start of a new semester and the mental decline my brother is experiencing. I did not feel talkative and I stated that.

At times I felt I had to fill the silence, or talk to help time pass. I found myself falling asleep at one point and I have been increasingly tired and lethargic in the past few weeks due to the brewing episode and feeling generally overwhelmed.

One thing I did discuss and participate in was when Nancy asked how we were taught to process feelings at home. I shared that I was not taught to process feelings and that if I expressed negative emotions, I would be reminded to be grateful or told that some people "have it worse." I think my lack of ability to process emotion in my early 20's is directly related to the way I was raised. I would tell myself not to be angry or sad because I had a lot to be thankful for and actively suppressed feelings, even thinking that would make me a better and more grateful Christian.

Others in the group in between awkward silences shared similar experiences with processing emotion. We all seemed to share the desire to want to process emotions in a healthy way through being part of this group.