

Sally Jang
10-03-2020
Group Dynamics & Therapy

This week's group therapy experience was interesting after having had the class conversation about silence. I went into the session a little nervous but more comfortable about the potential moments of silence that we would have. We were actually able to have a discussion about the silence we shared and though I initially shared in class that I felt somewhat uncomfortable in silence because I couldn't tell what they implied, as I was more mindful and present in our conversation, I realized that it just felt like we were all in agreement.

Something I realized about my group is that we're pretty similar in terms of how we regard verbal processing. It's not really something we feel compelled to do naturally, but we are willing to if called upon. I felt that whenever we had a silent moment, for me, it was usually because whatever was shared up until that point felt like a good explanation of what was being processed. Though I could say more, I didn't feel a need to because I was simply in agreement. I don't know if that's how my group members felt entirely as well, but as we talked, we generally agreed. Even if there were more things we could say, very rarely do each of us feel the actual need to. I think we all also share in that we are sometimes hesitant to share what we think or feel in fear of what others might say. I think for me it's also a something I do to avoid conflict or disagreement.

I think that we have an interesting dynamic as we are all generally quiet and not outspoken. Still, when my group members do share, I really appreciate the things they have to say and genuinely respect their opinions and values. I think picturing myself as a leader for a group like mine, I feel like it would be a challenge trying to facilitate amongst people who aren't avid verbal processors, but I definitely feel like it's an interesting experience.