

Anne Bonbon

Group Counseling Journal Entry #1

As of today, I have attended two group sessions with my peers at Nyack. My group leader asked us to share how we felt about being mandated to take group counseling and later asked us how we felt about new people joining our group. We answered honestly and by the second week, more of us became comfortable sharing our personal lives. I acknowledged that sometimes I usually wait for others to speak before I speak and that sometimes I replay what I say afterwards.

I acknowledge that at first, I did not enjoy the idea of being in a group with my classmates because I did not want to share personal things about my life and then see the same students in my other courses. We all spoke about how we felt about that and tried to assure everyone that this would be a "safe space." I'm happy that this group is more free form in the sense that we do not have a core topic that we focus on. Instead, we speak about whatever comes up. I enjoy this way because I don't have to feel like I have to come up with something that relates to a chosen topic if I'm not affected by it. I've found that with every week I've become more comfortable and we'll see how the rest of the sessions go.