

Matilde Salazar

GCN 604 - Group Dynamics

Professor Dr. George Ramos

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Group Journal Entry Week # 9

Today's session was topic specific. The counselor shared with us an excerpt from a book regarding forgiveness and reconciliation. We all shared how we handled having to forgive others. This was a loaded subject for me because I was going through some serious conflict with my spouse and someone at church as well. It triggered some emotions that I had toward someone that hurt me in the past in a similar way. I reflected on how I have grown in being able to confront someone, but can see that emotionally I still have a way to go to control my reactivity. I find that it still frustrates me when a person lacks remorse or does not want to acknowledge their actions were malicious, but rather cover them up with a poor excuse. I had to also accept that I had trouble forgiving my husband for something that he did in the past because I felt he not only did not repent but would probably do it again. Although it is said that forgiveness is not for the offender, that we must forgive as we are forgiven, and that it is a choice not a feeling, I think that we tend to make it superficially because we feel coerced by shame if we don't.

Knowing that I can forgive people without having to expect reconciliation is comforting for me because it gives me the opportunity to forgive without putting myself out there to get hurt or taken advantage of by someone who does not have good intentions or good will towards me. As the members shared I noticed that there were a lot of strong emotions of self preservation and that many if not all of us have been deeply hurt but have learned to place boundaries to protect ourselves. There was also a lot of advice given to a particular member, which the counselor addressed to make sure that that was what the member wanted and that we were not 'ganging up'

even in a protective way. I believe the counselor was right, and we all felt terrible because that is not what the group is supposed to be for unless that is what a member wants. Rather we are to listen, relate and give feedback that is helpful but not imposing. We agreed to talk more about it at our next meeting.