

2/9/22

Assessment of Group 3

During tonight 's group, I found myself attempting to observe more than participate with the group. Since I am very self-aware, I know that I have a tendency to talk a lot in class discussions, as this is the way that I've taught myself to learn. As such, my intent was to come to the group and merely observe unless specifically asked for my input. However, once again, I found myself in an authoritarian leadership position.

After looking around the group asking if anyone would like to volunteer for certain roles, I found that I once again had to take on the leadership role and delegate who would be doing and saying what. However, it was very comforting to have one other student in the class who apparently felt the same. Between the two of us, we figured out each person 's role within the group. I no longer felt like a dictator as many of my suggestions were agreed-upon with this one other group member.

As a collective, we took a while to figure out what we wanted to work on as a group who were charged with focusing and rehabilitating school bullies and giving voices to those who see themselves as victims. One group member stated that we should point out the bullies, stand them up in front of the group and take turns telling the bullies that they are bullies and why we all agreed that they were.

Although I felt that this was an awful idea, I had to remember that we were now a group. Something in me wanted to tell my group member why I thought this was an awful idea and why we should not use it as a group or as Therapists. However, something else in me felt that by doing so, I would be perceived as a bully.

While another group member shied away from the discussion, I noted that she would only chime in or participate, to say that I was wrong whenever I would come up with any idea. Therefore, once I noticed her resistance, I began to call upon her for her specific ideas.

I knew that she did not want the responsibility of having an idea be solely her own. She would much rather highlight the mistakes and the wrongs of “the group.”

Once we finally began our role-play and the professor gave input that contradicted at least one of my ideas, I could see my group member rolling her eyes in an obvious feeling of, “I told you so.” Of course, I questioned whether I was correct in my assumption or merely projecting my own thoughts on my group mate. Nonetheless, I told myself that next week would be different. I would be the group member who would shy away. Or I’d be the group leader who would lead with a more *laissez-faire* attitude towards the group’s participation.