

Name: Carolyn Cuevas

Date: 2/24/2023

Journal # I

The group activity today was great and allowed me to experience a different atmosphere with my classmates. It helped me see them in a different way, it felt like a real-life group session. As we started the discussion, we all started to share our real-life circumstances and how we are experiencing depression in our own way. It was surprising to me some of the things my other classmates are experiencing. When the group activity started, we spent some time figuring out who would want to volunteer to be the leader of the group and to take the initiative to direct us. As I remember the activity, I can remember the difficulties as a group, we faced by not having a leader in placed to mange the group. Once we were able to appoint a leader everything started to make sense and to fall into place.

The leader direct us on the activity and started by sharing inducing ourselves and discussing the class norms. He then expressed how he is experiencing depression and how he feels worried about being a male of color in the society we are living in. The leader explained how hard it is for him to see the community he identified himself as part of being abused by the people who are supposed to enforce security. He expressed how Black males are always the target to this abusive behavior.

One of the group members shared how being always a person who portrait herself as being strong, had let her in the position that affects her emotions. Her family expect her to always be the strong person who is secure and knows what is next. She feels that she cannot show emotions

under certain situations because she represents this strong image to her family. It is hard for her at times when instead of processing her emotions, she must keep them to herself. This experience makes her feel depressed because she cannot process her emotions.

Another member expressed that she is being a mother and a wife has let her with no time for herself. She stated that her roles have become who she is, and she feels she has been absorb in them. She expressed not being able to plan, prioritized or do certain things for herself. She has not been able to work for example on goals or projects that she desires in life.

One of the classmates expressed that he is experiencing depression by not finding time to do things he would like to do, but instead he sees his schedule fill up with things he must do. He expressed that this situation is what makes him depressed because he cannot do what he wants to do.

Another classmate expressed that she is changing jobs at the moment and feeling insecure to what is new to come with this opportunity is making her feel insecure and experience depression in that way.

In my case having a recent, unexpected loss in my family is how I am experiencing depression at the moment. All that comes to mind is, am I really investing my time on things that are important and relevant in the spiritual world?

Once the leader was named, we started to operate as group and works as whole effectively. I noticed that the leader started by sharing his experience and that motivated the rest of the group to share and to engage in the group dynamics. It was important as a group to hear the real challenges that we all face even the instructor. When the instructor expressed what he sees in society, it open up the atmosphere for the group to get vulnerable in the topic of discussion.

