

Interpersonal Process Group

How to Make the Most Out of Group

- x Be yourself– start from where you are, not where you think others want you to be.
- x Define goals– what do you want to get out of group? However, be flexible about the potential for goals to change.
- x Recognize and respect yours and others' pace for getting involved in the group some will always be ready to disclose their thoughts and feelings; others need more time to gain feelings of trust and security.
- x Take time for yourself – you have the right to take group time to talk about yourself.
- x Focus on what is most important to you– try to focus on the main ideas, thoughts, or feelings.
- x Recognize and express reactions and feelings if you have difficulty with this, ask the group to help you.
- x Be aware of censored thoughts and feelings try and take the risk to let yourself be emotionally available to and vulnerable with others.
- x Give and receive feedback- both positive and negative, as soon as possible
 - o Specific and concrete
 - o Representative of your own thoughts and feelings
 - o Request it
- x Avoid giving advice– sometimes giving advice prevents an individual from being heard.
- x Take risks – experiment with different ways of behaving and expressing yourself to figure out what works and doesn't work for you.
- x Ask questions– seek clarification when needed to avoid making assumptions.
- x Become aware of distancing behaviors it is likely that your distancing behaviors have been adaptive in the past, but are they preventing you from getting what you want now?
- x Try to be as direct as possible and be open to the responses of others?

The Group as a Laboratory

Group is a great space to “take risks and experiment” with new ways of interacting with others to see how that can result in a different outcome. In the column on the left you will find behaviors that may be contributing to difficulties in your relationships or functioning. The column on the right has suggestions of behaviors that you could challenge yourself to try out during the group.

If you relate to people by:	You might experiment with:
Complying, giving in, being self-effacing	Saying no
Resisting suggestions; holding back	Taking a risk; trying something new
Always talking; filling any silence with words because you feel uncomfortable	Being silent for a minute; getting in touch with uncomfortable feelings; talking about those