

GROUP ROLE PLAY # 1

Facilitating Beginnings

Worker: Your job is to get the members to introduce themselves and talk a little about their situation. As they talk, make sure you highlight the things that they have in common. Try to help people find a reason to return by *building relationships* between the members.

Zoe: You are a little uncertain about being in this group. You don't know what to expect and are not sure you are going to fit in because you are enjoying the single life. While you don't feel any loss about your marriage ending, you do feel unsettled. You don't really know what to expect and feel almost like you don't belong in this community. You grew up in a very religious home and really don't have a model for being a single adult – everyone just assumed that you finish high school, get a job and get married. This is what you did and now things just feel strange.

Jamie: You are not sure others really understand what it is like to have an unfaithful partner. You believe that the others chose to leave their partner based on events in the relationship but were not left for another person. You feel rejected and really want support but feel a little uneasy about whether or not support will be forthcoming. You really want to be married and are hoping that the affair ends so you can get on with your life. You feel un-rooted and kind of don't know what to expect from life anymore. All of your life you planned to get married and have a family, now all of your dreams have been shattered.

Franky: You are pretty embarrassed about having an affair and are not sure you want to share this with others. You feel that they won't understand about a one time mistake that has such huge ramifications. Your parents have been very judgmental and have suggested that maybe you should stay away for a while so you can learn the importance of relationships. You know that they are including your partner in their activities and feel that they are taking sides against you. You are feeling rejected and harshly judged.

Devon: You have had a rough week with your partner texting late at night trying to talk you into reconciling with him/her. There was a lot of guilt tripping going on and you started to feel sorry for your partner. You have been feeling “like an ass” for not caring but this person is so relentless you don't know what to do. You feel that there is no place you can turn because everyone wants you to be married. You are so sick of the pity trips and people turning against you. You feel like there is nobody out there who is willing to listen and understand what you are going through.

Fran: You are feeling pretty burdened. You have a lot of school work, have to deal with immature people in the dorms that remind you of your partner and then have to deal with all of the “crap” associated with ending your relationship. Your partner calls you when he has been drinking and tries to talk you into returning home. He promises to change but you don't believe him. You see him as a bad decision you made during an irresponsible phase of your life. You just want to get on with your life and wish he would just leave you alone. You don't have any family because you grew up in foster care so are hoping this group will give you a place to talk about things with people who really understand.

Teresa: You have been very upset. Your partner is living with his mother and has stopped calling you. When you first left you were hoping that he would smarten up and start paying attention to you. Your “wake up call” failed and your mother-in-law has once again won. Many of your belongings were moved to her home and you will have to negotiate them back. You worry you will have to deal with her because your partner has not been in contact. You really want to vent about the situation but don't have any close friends because you used to spend most of your leisure time with your partner's family. You don't know what to do and are feeling terribly lonely.