

GROUP ROLE PLAY # 2

Negotiating the Group Focus

Worker: You need to help the group achieve some sort of focus and direction for how they will operate. Start by asking people what they would like to get out of the group and then pick up on common themes to build a sense of direction.

Zoe: You actually went on a date last Friday night and had a wonderful time. While you didn't have sex, you certainly have been thinking a lot about this new person in a very sexualized way. You started to feel guilty on Saturday so went to church on Sunday. You talked to your preacher after church and got a lecture on how you should be working harder to make the marriage succeed. He told you that marriage is a sacred thing and should not be taken lightly. You are now unsure about how to proceed. The formal separation was not your idea and was initially to ensure benefits for your son. Now you are not sure what to do. You feel like you should do something but so much of the separation is not in your control.

Jamie: You saw your ex-partner and his/her new fling when you went out for lunch yesterday. They were very affectionate with each other. You felt devastated all day and are feeling very much the victim again. During today's group, try to find ways the group can help you with your challenges.

Franky: It was your Birthday last week but you got no cards or phone calls from your family. You called your mother but she couldn't talk because your partner was over there for pizza and beer. You are upset because you feel that your family is hurting you on purpose. While you know you hurt your partner, it was a one-time drunken event. You didn't go out of your way to be hurtful so things are feeling very unfair.

Devon: Your mother called you before you left for work this morning and laid a huge guilt trip on you for ending the marriage. She wants you to see a priest and argued that you are letting God down by taking your vows so shallowly. You are feeling guilty and really need others to help you feel better. The guilt is making you angry that others just can't seem to understand. As the group progresses today, try to find some ways that the group can help you cope with your ongoing challenges.

Fran: You are feeling a lot of pressure with school, work and managing your feelings. You just want to forget the 11 years that you were married and get on with your life and career. You feel that you never got to be yourself during the marriage because you always had to do the right thing. You want to rebuild your life. You hope that the group can help by being people who understand and can give advice. You desperately want to start reclaiming your own life.

Teresa: You are tired of living in your mother-in-laws shadow. You feel that your life has been focused around her wants and wishes and you have never had a chance to have your own life. While you are upset that your husband keeps picking her over you, you are about to give up on him and get on with your own life. You have many painful feelings about the ending but also have resolve about becoming your own person. Inherent in this resolve, you are frightened because you don't really know what is going to happen.