Group Therapy Session: Embracing Change

Instructions

Welcome to our session on embracing change. Today, we'll explore the changes each of us is experiencing and use a worksheet to reflect on our strengths and strategies for managing these transitions.

Step 1: Discussing Specific Changes (15 minutes)

- Group Sharing: Each participant will briefly describe a recent or upcoming change in their life.
- Open Discussion: We'll talk about the emotions and thoughts associated with these changes.

Step 2: Worksheet Activity (20 minutes)

- Worksheet Completion: Take some time to fill out the "Embracing Change" worksheet. This will help you identify what excites you about the change, recall past coping skills, and recognize your current strengths and resources.

Step 3: Sharing and Discussion (20 minutes)

- Sharing: After completing the worksheet, you will have the opportunity to share your insights with the group.
- Discussion: We'll discuss common themes and offer support based on the shared experiences and strategies.

Step 4: Reflection and Motivation (5 minutes)

- Reflection: Take a moment to reflect on the session and what you've learned.
- Motivational Message: "Remember, change is an opportunity for growth and new beginnings. Trust in your strength and abilities. You have the power to navigate this change and come out stronger on the other side. Keep moving forward—you've got this!"