

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!"

Embracing Change

If you're facing a change in your life, you might feel a mix of emotions: anxious, excited, or perhaps a bit unsure. This worksheet is designed to help you navigate these feelings, understand the benefits of change, and develop strategies to embrace it confidently.

Describe the big change you are facing and what it means for your life.

List out any emotions that come up when you think about this change.

What worries you about the change?

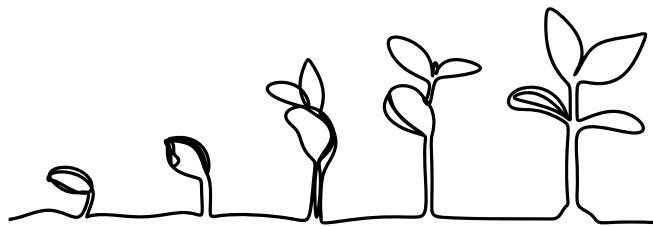
What excites you about this big change or what positive things can come from this change?

Embracing Change

What are some actions you can take to reduce your worries around this change?

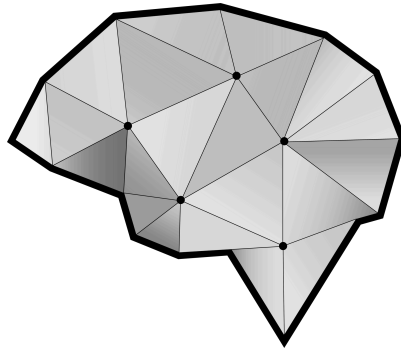
Write down any skills, activities, or strengths that have helped you cope with change in the past.

What strengths or resources do you have that make you feel confident about handling this change?



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!



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