

## Reflection piece

I express my sincere gratitude to the Almighty for giving me an opportunity to be a part of the psychodrama group. I was like a small kid standing near a vast ocean wondering about the huge depth of the subject. I was doubtful and had the fear whether I will be able to understand the subject completely.

In the beginning stage most of the time I was silent in the class. I was not able to communicate and express my thoughts in front of other pupils. My core feeling was shame at that time. What others think of me, if I made a mistake. That was the negative thought haunting me when everyone was involved in the sharing phase. I asked doubts very rarely. I had very less self-esteem.

My communication skills were poor, I believed so. I was not able to connect internally with the situations in the

drama. There was some kind of disconnection. Phone charger without the adaptor represents my innerself. Slowly and steadily I gained courage and strength. I was able to connect with my innerself, I learned how to value myself, prioritise my needs and my happiness. The tortoise in the picture represents my growth and development. My strength and weakness I understood in a better way like a mirror I learned to look into my feelings, thoughts and beliefs. How am I responding to others behavior. When the past incidents in the protagonists life was enacted in the stage many times I was experiencing the same intense feeling. Some connection was always happening inside me. There was slow, but steady growth. Earlier when the members in my family criticised and abused me I was silent always. They always blamed me for each and everything. I had no voice in my family, had

no role in decision making. Slowly, but courageous enough I was able to break the walls around me .

I have grown to an emotionally independent woman . I am only reason for my happiness ! The silver pot represents my present self.

My inner self is sturdy and can withstand any obstacles coming in my way .Dhiya is my rebirth after the transition, spreading warmth, joy and love to those connected in my life .

Every experience is a lesson for me.Language is not a barrier to express our feelings or emotions.Without Psychodrama I would never be able to meet new people,share the sorrows, and happiness with eachother who were unknown to me otherwise.

I can say confidently that Psychodrama helped me to change my thought process and do a self introspection . I believe that I can grow and develop into a more

beautiful human being when I complete  
this journey of Pyschodrama  
I'm deeply grateful to M for giving me the  
huge support and inspiration. Your kind  
words and affection has been a driving  
force for me always 🙏❤️❤️  
Thank u Roma and Sarita for all the help  
and support 🙏❤️

