

Reflection Pieces:

When I see myself I feel always Thankful to you and Maanas. This journey was about me to becoming **ADULT**. The journey has given me a lot of Awareness about Myself (Thoughts, Feelings and Actions). In this journey major 3 areas that I can see transformation and learning in me.

- 1) **Relations with Mother:** Relation with my mother was always painful for me and I couldn't forgive her. I have a lot of expectation from this relation but somehow this was never gone fulfilled and I always disappointing myself. This was my cycle but during this year I changed myself in this area, I forgive her and love her what she is and when I started accepting her my expectation slowly gone down and I can say it's here and now relations. Sometime I still feel emptiness (Pain) for that relation.
- 2) **Relations with Inner child:** My Inner child always feel like a lonely, not visible and worthless. I was trying to fulfill this need from outside peoples. When I did my piece this was changed in me. My adult has started see my Inner child and her need. Earlier it was difficult to see her but now I can see her and respect her.
- 3) **Role of Adult:** This is new role, which I am seeing in me. I do feel rejection and shame most of time and there for I usually avoid to approaching people. During this journey with group I felt rejection and shame sometime due to my English language so projected on them but through my piece and awareness I understand it was my projection nothing about group. In this process, I learned how my Adult can take in charge of my life not my narrative story (Negative Voice) and many time I see that my Adult answering my narrative voices so I can see my reality. I started separating other voice and my voice. It was mostly about my Insecurity. This was time that I started listening my **OWN VOICE**.

It was different learning role of Auxiliary ego. When we started our journey that time I wasn't comfortable with group because of my fears and there for I tried to avoid role of auxiliary. After when one of the group member chosen me as auxiliary role in Aug or Sep that time I experienced first time auxiliary role in this group. When I felt that my fears and judgment toward group came slow down and that experience was so different and I was completely in that auxiliary role so I understand this was my unrealistic fears nothing about group. When I shared my fears with group after that I started opening and comfortable with group. The group given me so much safe space and there for I could take my piece also.

This leaning was helping me work with my clients also and I started taking psychodrama group session with them.

This journey helped me to overcome with my fears and becoming an Adult. Thank you so much M for giving me the safe space.