

NO.

Date . .

Psychodrama

LEVEL - I

Pooja Mehta



I AM WORTHY & DESERVING LOVE!
I FORGIVE MYSELF & OTHERS
I AM OPEN TO GIVING & RECEIVING LOVE
I LIVE WITH GRATITUDE & GENEROSITY

: Reflection Piece :

NO.

(1)

Date 29.06.2021

My Journey With Psychodrama :

When we told to write about our experience with Psychodrama, I was not sure from where to start. I thought of the technique how it helped me and how it has been helping to heal some of my emotional wounds through mine and others' drama. Even while sharing part drama or piece of work it always gives me wheather assurance of my healing or showing some of my unresolved issues. I ~~could~~^{have} also experienced the changes and how it is helping my clients with their issues around anxiety, anger, stress.

The Concretization always help me to have more CLARITY about my drama or others' drama to. It resolves the half of the problem or I would say can see through the situation through the concretization. But when I do this with work with my client (one-on-one) sometimes I have confusions about the techniques b/w Empty-chair & Psychodram. But concretizations of their situation do help me as a therapist also to see their role from the far. but yet walking with them side by side. And it creates magic with one my client who is facing social anxiety.

When I decided to continue further with Level-II, I asked myself the same question that what is my experience with Psychodrama, which is evolving me to continue it further?!

And the answer came to me. "The QUEST" [which has been my best companion since my younger days. It helps me to meet few of my BEST TOOLS & constant companion in my soul journey].

The quest to learn "MORE", To know "MORE", and use this self-applied experience with my fellow-travellers to understand their world more at deeper level..

While pondering more around this, it was all happening in my brain and since last few years I have started listening to MY HEART; Putting more TRUST ON MY HEART'S EXPERIENCES, It started expanding more & more and it has opened many doors for me, for the people & for the world around me. So when I go there and asked my heart the same question that. how was "HER ♥" experience with Psychodrama?! It simply brought a BIG SMILE on my face. I was seeing the faces of my batchmates & their beautiful HEARTS ♥♥♥!!! And it said to me. "I DID EXPAND" and that's all.!!!

Here in this reflection piece, I would like to share about few affirmations which I am using for my Heart Chakra Healing and how it has connections with my experiences with Psychodrama and the role I was in.

[1] The Protagonist :

My Affirmations : " I AM WORTHY & DESERVING LOVE "

" I FORGIVE MYSELF & OTHERS "

These affirmations speaks some feelings when I was in the role of protagonist.

Whatever the life situations may come

" I am the main character of my FILM ",

where I am the chief actor and I am worthy & deserving of LOVE !!!

In this whole process my affirmations become more stronger & strengthened, which also allows me to FORGIVE myself & others. And my heart says " I AM EXPANDING! ".

② The Auxiliary:

My Affirmations:

"I am open to giving & receiving Love"

"I live with gratitude & generosity"

Whenever someone took the role of an auxiliary (I do not know how much I did justice to this role, it was difficult for me to play) that role somehow plays lot of other significant roles for the protagonist. They all create a "Real World" to the protagonist. I feel this role requires a lot of deeper level - involvement, which allows a HERO to see through his OWN FILM & LEAD it in his own way. I have also witnessed that from the auxiliary role, the protagonist dwell more deeper when his/her MIRRORS are PERFECT !!

Here I am also seeing my limitations of forgetting dialogues and expressing it. But with my clients I have also sensed to picking up GIST of it and put it into words that did help them too.

This role of an auxiliary allows me to be in a OPEN SPACE where both auxiliary and protagonist are. UNITE WITH LOVE, THE SPACE of giving & receiving love. The auxiliary is just a part of the Protagonist's FILM yet creating a magic in his^{her} world. And not just between between this ~~two~~, the whole group is in the same space where we all ^{are} exchanging LOVE!!! The space is filling with so much gratitude & love. And that's how this role creates magic for me when I look at my affirmations. how this both goes side by side.

And at last again my heart says,
" I AM EXPANDING !!! " ♥♥♥