

My Journey (*first year of Psychodrama*)



The confused ME

I knew about psychodrama through a friend and was aware how it works.

As a person I was never comfortable in groups and being vulnerable and accepting of my emotions in front of a group was something alien to me.

So, when the opportunity to enrol myself for this course came, I was very confused and unsure not of the modality but how I would be in such a setting.



Leap of FAITH

Having known Maanas and M since last couple of years, I knew that if M trusts psychodrama, I can blindly trust her.

I wanted to push myself, take that leap of faith. And here I am done with the first year of Psychodrama



Reluctancy

Most of our course classes had been online and now we were gonna have a offline class and that too of all the levels.

This was big for me; I was not prepared for this. When we were introducing ourselves, I was very sure that I will not take up a piece. I was prepared to be an alter ego but not a protagonist.

But as they say tally worked and I ended up doing a short drama.

This drama helped me build my trust a bit and I felt that I can be here despite the sessions being too emotionally draining for me

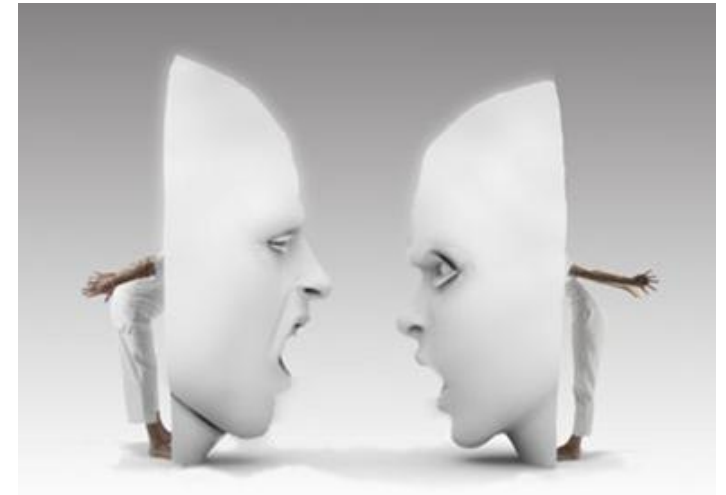
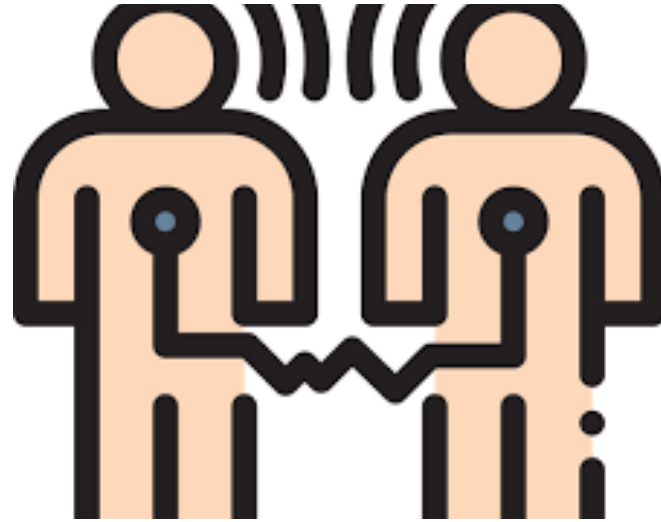


Tally and Alter Ego

I would try my best to be invisible in the classes so that I don't have to express my emotions in front of all.

I always feel that I am always sad and there is nothing to look forward to and this part in me is something that people should not know about me. I don't want to come across as a sad and a dejected person but from within this is what I see myself as.

Tally started working and I got chosen to play a dead body in one of the dramas. This piece made me contact that dead part of me. I could see how a part of me is dead and how playing a dead body was not at all difficult for me. All I felt was would people around me really be this sad.



Alter Ego

Since after that piece, I now was very comfortable being an Alter Ego. I knew it would drain me emotionally, but I was ready to open that part of me.

Ready to be there but still not ready to share about myself or be vulnerable.

I don't want people to see me as such a sad person. I basically was never this dejected with life.

Playing an alter ego is safe and a secure place for me in this group



Trust in the process

This one year with psychodrama has built my trust in the modality.

I can now take up my piece in my personal therapy sessions.

It helps me untangle certain wires in my head but still I don't have the strength to resolve.



And the journey continues....

And now the time to choose... I chose to continue.

I want to learn more and don't want this journey of one year go waste..

Looking forward to more light and a reason to move on.

