

**Transcript**

D: So, and, and I want to say out loud what I'm thinking

Leader (Susan): Yeah

D: I'm thinking, like, like you (*referring to G---*) were too sick to come to group but you can go to El Salvador? And do a teaching program, whatever it is you're doing, like, I don't want to hear about it, I don't want to hear about it, about how great you did, like I don't give a shit; you weren't here. You weren't here, you weren't here for me and I don't, and like I don't care, I don't want to hear it. Um, um, and I really feel like it's tit for tat but you drop me like I'm not going to be here for you. You've, you've... the week before, you said you would be in group and you weren't here and like right now I have no room for forgiveness, and I have no room for acceptance, and none, just total "you're out." Anyone else?

E: I feel that way too. Like, I don't. I don't care. It's like, you did well, OK, I don't care. You did, it's not about in here, it's not about me, I don't care. And I, I go, and I go to like, are you in or you out? Because if you are out, get out. Get the fuck out. I'm sick of it.

Leader: What's the it?

E: The in and out. Like you come back and then you go, and you come back and then you go, and I don't know if you're going to be here. I know sometimes I know and sometimes I don't, but I don't ever feel like I know. And I hate it.

Leader: What's the it?

E: Not knowing and not counting on you, not counting on G-- to be here. And I don't want to keep her in mind anymore, don't want to do it. I don't want to feel disappointed, I don't want to feel anything about her. I want to be done. And my heart is pounding, but it feels good to say it.

**Break – for the next few minutes, an anxiety subgroup comes in. Before the group moves on with the fight energy, the leader guides members who are anxious in reducing their anxiety.**

E: I want you to join me in. I'm feeling, I'm feeling angry and not censoring stuff. Just saying what I'm angry about, and how angry I am, not worrying about what anyone else in going to think about it.

G: I'm angry hearing that you guys want to shut me out.

E: Ok.

G: Um, um, I don't know just fucking angry. I'm just angry. I'm angry at the, I'm angry that I missed so many groups. I'm angry that I want to be here but honestly, I'm not going to stop traveling; I'm not going to stop doing my job. I'm not. I like the fucking work I'm doing and I don't know how to split

myself in two or three because my fucking family is giving me the same complaint. I don't know how to do it. And, I don't want to be like a victim though. I don't, I'm just tired of it, tired of it.

Leader: That's the victim; that's the victim.

G: I just; I just get pissed, I'm just pissed off, I'm just angry. Um, it's not even like I can pinpoint what I'm angry at. I just feel like I'm just.. feeling furious.... Do you feel joined?

E (nods): Mmm hmm.

G: And I'll join you also on I, I want to get myself out of the group. I want to do the say, I want to be like, fuck it, ya (*Spanish for "enough."*) I'm finished, I'm done. It will be a lot easier.

Leader: That's a real fork in the road for this group. Every member of this group knows how to react from your anger and push out. That's the old. And I'm not saying it so that, that this means that you should stay --

G: uh, huh

Leader: I am saying that, that group, every member of this group, when you get angry, that the impulse is to leave rather than come in, in. Like, I'm so angry that I'm myself fully in from that spot.

D: So, I mean, I think it goes along with Susan but as you were speaking G---, like I'm angry that we keep talking about exploring whether or not we're staying or going and we haven't done that work. And, I'm angry in part because I don't feel like you're here --.

G: To do it, uh, ummm. No I,

D: To do it. So I then feel kind of stuck, like I don't know. I don't know what else to do.

G: um, hmmm

D: and I hate it

G: I, I, I hate the fact that I don't know if I want to be in or out. I hate the fact that I haven't made a decision and I hate the fact that I'm not here...

**Break – For the next few minutes, subgroup continues to join around what they dislike in the group. Other members join and notice that they have been blaming G-- for not being present in the group and that they have their own versions of not being present, like sitting quietly.**

J: you know what, you are absolutely right, thank you. Um, my, it's like, I want G--- in, I want to be in, I want everyone in, I don't have any push out energy. Like, and, I notice more and more like the more I want her in, and I want everyone in, like listening to B--- really bring herself in again and it was like yea, I, I want you in, I didn't get that, I didn't get that in the beginning. And there's something like, I don't want to doubt, like, I doubted you, G---, last week. I doubted that you were really sick.

Leader: Are you still?

J: No I'm not, I know that you're sick but I, my thing, I don't know if it's a question I just want to put out, it's like. No, actually I don't doubt. I don't doubt, I don't. um.. But I want to bring up that I did and I hate that I did. Like I know that that's normal but like, I want... like I want you here to really do the work like D--- was saying like to know what it means for you to be in or out. Like, and so it's not about, and I'm talking to everyone not just G---, so it's not ambiguous and it's not anxiety provoking for me that I do doubt. And you know that's, that's what I want gone. Like, I feel like that keeps clouding over me a little.

Leader: What keeps clouding?

J: like when I doubt, when I don't know if G---is in or out, or, and that we have, It's not just about G---, that we have not explored what that really means,

Leader: that's right

J: You know, and what does it really mean to be in, does it have to mean being at every session or just understanding what a schedule is like.

Leader: that's right.

J: Like, that's what I mean. I want to explore it and the doubt comes from the ambiguity of what it even means.

Leader: For the whole group.

J: yea, yea, not about G---; that's what I'm saying what does it mean.

Leader: Yeah, I hear you.

J: I mean, what does it mean if I get gigs. I don't want to feel like if I miss, I'm not an active group member.

Leader: What's the group's definition of taking up membership? And what that looks like.

J: And a real, real definition. Not like, I feel like we did this years ago and it was about rules and like I don't exactly remember but I felt like it was about rules, about being strict to the rules. And I don't feel so rule driven or bound anymore. So, now what does it really mean. Like...

G: And I'll join. I really get the sense of um... the ambiguity and the... Because I hear people say all the time, oh, well, I don't know if you're going to be here. I'm like, I'm always here unless I'm sick or I said I'm not here. Oh, you'll be sick because there are times I'll forget to tell Susan that you're not here. So I'm aware that there is ambiguity and I think part of it is things I've done in the past and I think part of it is just not knowing if I'm in the group or not. Um..

Leader: And part of it is the group's lack, the groups own ambiguity about what being a group member means. And do you get that piece too, which J. was bringing up.

G: Yes, yes, yes, um, so yea, I, because I don't like the fact that um, it is anxiety provoking for people, but you know, I'm um, um not causing ambiguity but I'm involved. You know, um -

Leader: You are bringing in ambiguity

G: I'm bringing it in, when I say not causing because I'm not the only one.

Leader: You're contributing to it.

G: Right, I'm contributing to it and based on my behavior and other things and I really don't... It really makes me uncomfortable when I hear people say that. Um, so, it's something that, you know, I want to address.

D: So and I want to before we transition. So I want to own my own ambiguity earlier. Um, you know what, I was present and here to work but, G---, I didn't take you in until the last time we did eye contact. And, um, in taking you in, like totally shifting and really feeling like now I'm present and ready to work and we're clear, and yet like so much aware of like the loss of you when you're not here as well as like you would have felt the loss of like the first hour, half hour, and hour and half, I mean an hour 20, 15 minutes or so when I wasn't here.

Leader: Nice, nice.

D: So felt it here. And wanted to bring that in.