

15, COMMON FEARS ABOUT GROUPS

The following are some common fears group participants identify. Please pick one and talk about how this concern has personally affected you.

- ~ Will I be accepted or rejected in here?
- ~ Can I really say what I feel, or do I have to couch my words carefully so that others won't be offended?
- ~ How will this group be any different from my interactions in daily situations?
- ~ I'm afraid that others will judge me.
- ~ Am I like other people in here?
- ~ Will I feel pressured and pushed to perform?
- ~ Will I be able to take risks in here?
- ~ I'm afraid I'll look stupid.
- ~ What if I find I'm abnormal?
- ~ Will I tell too much about myself?
- ~ I'm afraid I'll be withdrawn and passive.
- ~ I fear being hurt.
- ~ What if the group attacks me?
- ~ I'm afraid of seeing my problems magnified.
- ~ I'm afraid I'll become dependent on the group.
- ~ What if I find out things about myself that I can't cope with?
- ~ Will I physically hurt someone if I'm really open to my feelings?
- ~ What if I go crazy?
- ~ What will happen if I open up Pandora's box in the group?
- ~ I'm afraid that I'll change and that those I'm close to won't like my changes.
- ~ What if I'm asked to do something I don't want to do?