

How to get the most out of an interpersonal process group:

Take your share of the total talking time. You're more likely to benefit from group through verbal participation.

Process groups provide members with opportunities to give and receive feedback about interpersonal interactions and behaviors. **Try to remain open to receiving different types of feedback** and whether there might be something to learn from that feedback.

Notice communication strategies that you use to sidestep dialogue and connection with other members. These might include interrogating, analyzing, advice-giving, or storytelling. **Prioritize communicating present-moment feelings** about yourself, the group members, and the group process.

Experiment with new ways of engaging. These might include disclosing your fears, expressing something that you previously considered unacceptable, accepting support from the group, setting a boundary with another member, etc.

Reflect on your reasons for participating in group throughout your membership and allow them to evolve over time.

Examine your reasons for wanting to end your participation in group. Is there any more to gain from group relative to your goals? Share your reasons with the other members and, if you do decide to leave, attend the agreed-upon number of final sessions to allow for an adequate goodbye.