

N – In the Empowerment group the group learns how to improve their interpersonal relationships by building self-esteem and coping skills for victims and perpetrators of bullying. Bullying can lead to high risk factors of relapse, suicide, and domestic violence. In this session we explore the topics on It is About the Bully, Not the Victim. We discussed why people bully as into hidden anger, lacks attention, don't handle conflict well, and a learned behavior. We discussed feeling a bully may experience, low self-esteem, not feel ordinary, pathological, wants something other have, enjoys taking our frustrations on others, and lacks insight and self-awareness. We also discussed risky behaviors of bully such as suicide, academic problems, substance abuse, mental illness, family violence, anger, frustrations, jealousy, and insecurity. The group added to the discussion as we discussed each topic in the group.

A – The ct processed each topic talked and discussed each topic. After ct had shared the ct was allowed time to respond. The ct was active in listening and engaged in valuable feedback. The ct was taught to have an awareness of bullying in their new recovery. The group responded well to their peers. The group learned how they respond, belief their emotions behind bullying, and the triggers of their bullying situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety. To continue to improve interpersonal relationships in their lives.