**"Rooted & Resilient: A Journey Toward Emotional Autonomy"**

**Structure:**

6 sessions | Every other week | 60 minutes per session
Target audience: Adults navigating identity, relationships, and cultural expectations; Adults with **people-pleasing** and **parent-driven anxiety.**

**Week 1: Cultivating Self-Compassion**

**Clinical Theme:** *Foundations of Emotional Healing*
**Explanation:**
This session introduces the concept of self-compassion as an essential tool for emotional resilience. Participants explore how critical self-talk undermines healing and how kindness toward oneself can foster lasting change.

**Plan:**

* Psychoeducation on self-compassion (Kristin Neff model: mindfulness, common humanity, self-kindness)
* Reflective exercise: “What do I say to myself when I’m struggling?”
* Guided self-compassion meditation
* Group sharing: Normalizing self-doubt and self-criticism

**Key Group Question:**
*What would it sound like if you spoke to yourself the way you speak to someone you love?*

**Week 2: Defining and Asserting Personal Limits**

**Clinical Theme:** *Boundary Formation as Self-Preservation*
**Explanation:**
Participants will learn the psychological and emotional purpose of boundaries and why honoring them is crucial for safety, autonomy, and identity development.

**Plan:**

* Psychoeducation: types of boundaries (physical, emotional, time, conversational)
* Interactive worksheet: identifying current boundary challenges
* Role-play scenarios: boundary-setting in everyday life
* Group discussion: fears around saying "no"

**Key Group Question:**
*Where in your life do you say “yes” when you actually mean “no”?*

**Week 3: Boundaries in Interpersonal Relationships**

**Clinical Theme:** *Relational Dynamics and Assertive Communication*
**Explanation:**
Focus shifts to setting and maintaining boundaries in close relationships. Group will explore how enmeshment, guilt, and fear of rejection affect boundary-setting.

**Plan:**

* Explore codependency and people-pleasing patterns
* Practice “I statements” and limit-setting language
* Journaling prompt: “What boundary do I need to set with someone I love?”
* Process group: challenges in enforcing boundaries with significant others

**Key Group Question:**
*What belief do you hold that makes it hard to set boundaries with loved ones?*

**Week 4: Family Boundaries & Cultural Expectations**

**Clinical Theme:** *Intergenerational Roles and Cultural Identity in Boundary Work*
**Explanation:**
Participants examine how culture and family systems shape expectations around caregiving, obligation, and emotional roles, especially among Caribbean and island-born families.

**Plan:**

* Psychoeducation on cultural norms around familial duty
* Group dialogue: balancing cultural identity with individual mental health
* Share personal experiences of “being the caretaker”
* Coping strategies: guilt management, respectful confrontation

**Key Group Question:**
*How has your cultural background shaped your role in your family, and is that role sustainable for you?*

**Week 5: Rebuilding Trust (with Self and Others)**

**Clinical Theme:** *Trust, Mistrust, and Relational Repair*
**Explanation:**
This session explores the psychology of trust, betrayal, and rebuilding. Participants consider how life experiences have shaped their views of trustworthiness—both in others and themselves.

**Plan:**

* Discussion: difference between earned trust vs. blind trust
* Activity: trust timeline (identify pivotal trust-breaking and trust-building moments)
* Mindfulness exercise: “Can I trust myself today?”
* Explore forgiveness vs. accountability

**Key Group Question:**
*What has shaped your definition of trust—and what would it take to change it?*

**Week 6: Navigating Emotional Paralysis**

**Clinical Theme:** *Breaking Through Emotional Stagnation*
**Explanation:**
This closing session addresses the common experience of feeling “stuck”—in grief, indecision, or burnout. Focus is on identifying internal vs. external barriers and regaining a sense of agency.

**Plan:**

* Psychoeducation on avoidance, ambivalence, and fear of failure
* Worksheet: “What keeps me stuck?” (internal vs. external)
* Visualization exercise: “The next small step”
* Closing ritual: group reflections and affirmations

**Key Group Question:**
*What are you afraid might happen if you finally moved forward?*