

If you were a Bobbite, please stop reading at this point and find a person who was at the letter writing session and find out what went on. Ask for documentation in the form of the letters your partner received.

Was that useful? This is another input mode- the trainer works with part of the group and they then report on what was done to the others.

I got some interesting letters:

Dear Mario, Sorry, but this afternoon I just can (sic) follow you. Maybe I'm too tired, maybe it is because of the absence of the others. My concentration just does not work.

This letter makes me think of the amount of "group chaos" we have had to live thru this week. The uneasy 25 on Sunday night, a moment when I was out of kilter and think S was too (we had been to a real shit staff meeting just before dinner on Sunday night)- the useful unease of the 25 on Monday morning, dividing- the 17 - the Tuesday return to 25- the Wednesday pm split of the 17 into 7, 7 and two people who went to one of the options. The 17 again on Thursday, but with a new trainer and the old one who would not stay in London but had to intrude via his bloody letter. (This raises the question of trainer possessiveness and narcissism, a theme I work on back on Tuesday when I overtly used T and S's work very up-frontly.

All the group instability may have been tiring for some of you, yet one benefit is that it enables us to think about this topic: Group being.

Your thoughts on paper on Monday ?

I really want to hear your written voices.

I heard about the BLOT exercise that S..... did with you yesterday for the first time yesterday. Strikes me as brilliant. 1. Both stare at blob for a minute

2. Person A speaks about what she saw.
3. Person B empathetically feeds back what A said.
4. Person B then tells A what she saw, trying not to be influenced by A's thoughts.

A brilliant exercise in going into fusion with the mother and then returning to one's own shape. If this last sentence does not make sense, call me over.

Yours warmly,

Mario.