



REFLECTING ON PERSONAL GROWTH

SUPPORT GROUP OUTLINE

Introduction

Living with a vestibular condition can be a challenging and often unpredictable experience, but it also presents opportunities for personal growth and resilience. While the focus is often on managing symptoms and finding relief, it's equally important to take a step back and reflect on the progress you've made—both big and small. This session is dedicated to recognizing and celebrating the ways you've grown throughout your journey, whether it's learning new coping strategies, gaining emotional strength, or finding a deeper appreciation for life's small victories. By focusing on these positive shifts, we can foster hope, gratitude, and a renewed sense of motivation to continue moving forward.

1. Welcome and Introductions (5 minutes)

- Greet participants and set a positive, encouraging tone for the session.
- Share group guidelines: confidentiality, respect, and supportive communication.
- Icebreaker: Ask participants to share their name, how long they've been on their vestibular journey, and one small positive change they've noticed along the way (if comfortable).

2. Setting the Stage: Why Reflection Matters (read intro above)

- Briefly discuss the importance of reflecting on personal growth:
 - Acknowledging progress builds confidence and motivation.
 - Recognizing gains can foster gratitude and resilience.
- Emphasize that every step forward, no matter how small, is worth celebrating.

3. Group Discussion: Identifying Personal Growth (15 minutes)

- Open the floor for participants to reflect on:
 - What are some of the ways you've grown during your vestibular journey?

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- Have you developed any new skills, perspectives, or coping mechanisms?
 - How has your understanding of yourself or your condition evolved?
- Encourage open sharing, affirm participants' contributions, and normalize the ups and downs of the journey.

4. Shifting the Focus: Gains Beyond the Physical (15 minutes)

- Facilitate a discussion on non-physical gains, such as:
 - Increased mental strength or emotional resilience.
 - Improved relationships, communication, or self-advocacy skills.
 - Greater appreciation for small joys or moments of calm.
- Invite participants to share examples or moments when they surprised themselves with their growth.

5. Tools for Recognizing and Building on Growth (10 minutes)

- Introduce strategies to help participants track and celebrate their progress, including:
 - Journaling: Writing about milestones, no matter how small.
 - Practicing gratitude: Reflecting on positive aspects of their journey.
 - Setting realistic, flexible goals: Breaking progress into manageable steps.
- Discuss how to maintain motivation when progress feels slow or setbacks occur.

6. Sharing Milestones: Celebrating Wins (5 minutes)

- Invite participants to share a milestone or moment they're proud of, whether it's overcoming a challenge, learning a new coping strategy, or simply showing perseverance.
- Emphasize that progress looks different for everyone and should be celebrated at all levels.

7. Looking Forward: Applying What You've Gained (5 minutes)

- Encourage participants to think about how they can use their personal growth moving forward:
 - Are there new goals or dreams you'd like to pursue?

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- How can the strengths you've gained support you in other areas of life?

8. Closing Reflections and Takeaways (5 minutes)

- Invite participants to share one key takeaway, insight, or moment of gratitude from the session.
- Reaffirm the importance of reflection and celebrating growth, no matter where they are in their journey.
- Provide resources for continued support (e.g., journaling prompts, vestibular community groups, or wellness tools).

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