

Encounter Groups

A Life-snippet

we were eight strangers
exploring inner mindscapes
for twenty rich hours

known by just first names
pasts and futures cast aside
we stayed here-and-now

feelings outranked thoughts
urged to unveil our real selves
not the roles we play

challenged to own up
to submerged needs, shames, and fears
found we're much alike

I was a shy boy
feigning maturity while
trying to grow up

Setting: NTL Institute (Bethel, Maine) and other venues, from 1972. I experienced, as member and leader, many personal growth groups and their variants during graduate school and beyond.



Photo credit: NTL Institute for Applied Behavioral Science

Created: 23 February 2022



dandana.us/poems