**GROUP NOTE DAP**

**D:** Molly reports that she is clean and sober. Molly shared resentments she has toward her dad because he is an alcoholic and was abusive to her mom. Molly also related to feeling abandoned because her mom always had different men, has been married ten times, mom is bipolar and dependent on men, but recognized that mom’s mental health issues impacted her actions. I encouraged her to identify the positives things she received from her marriages such as her children who she loves dearly.

**A:** Molly was very active in group today. She is beginning to address her anger toward her dad and mom. While understanding that mom has some mental health issue that impacted her decisions. She is beginning to trust that it is okay to share her painful experiences within the group. She is also looking at the positives things in her life.

**P:** Molly will attend group on August 30th at 3:00 PM. She will be encouraged to share her feelings and explore what she can do to move beyond the pain of her past.