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Peer Group Chat Summary

Date: 04.01.2024

Topic: A 2023 Retrospective

Description: As we enter a new year, let's look back at the year we've just lived and reflect on what we've experienced and the steps we've made in our journeys. Let's come together to celebrate our achievements and the highlights from the year that's been.

Summary of discussion:

- Although end of year reflections can be difficult at times, they can also be really helpful to use to think back on what we would do differently next time, or what we would like to work towards for the following year.
- It can be helpful to see how we got through our tough times in the past year and how we might be able to apply it again if we experience hard times again.
- Some of our 2023 highlights: spending time with friends and family, getting a new pet, graduating and completing education, new grandchildren etc.
- Some key lessons we have learnt in 2023: to be kinder to ourselves, to give ourselves more chances and not give up on ourselves, to let things pass, trust our instincts more and follow what we really want in our heart.
- Takeaways from this year: be kinder and love ourselves more, understand that healing is not linear and that things take time, trying to not get overwhelmed.

Discussion questions

Q1: What's your idea of end of year reflection? Has it been useful for you?

Q2: Why might reflecting on the past year be beneficial for you?

Q3: What have been some of the highlights you've had throughout the last year?

Q4: Where were you at this time last year, compared to where you are now? What progress have you made in your recovery?

Q5: What have been some of the key lessons that you've learned throughout the last year?

Q6: What are your takeaways from the last year? And what do you want to get out of the year ahead?

Q7: What are you most proud of from this past year?

Resources

SANE

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These are the resources that were shared during the session:

1: 10 Questions to Process Before You Wrap Up The Year

<https://www.facebook.com/aminasameetherapy/photos/a.472290883347063/1098379460738199/?type=3&theater>

2: The Importance of Self Reflection:

<https://vancouverislandvoicesforeatingdisorders.com/blog/2019/4/17/the-importance-of-self-reflection-in-recovery>

3: Self Compassion and Goal Setting <http://jameskirby.com.au/self-compassion-and-goal-setting/>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-A-2023-Retrospective-Thursday-4th-January-2023-7/m-p/1381690#M360506>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.