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Topic: Life as a Mapuan

When I shared my experience, I felt like I was shrugging off a weight in my body. I felt like I was holding a heavy box that I don't want people knowing what's inside then I just shared it to them and the box was just an empty air. When I was listening to my group members, their responses were not that far off to my experiences. Actually, most if not all of our experiences were the same. Of course I'm sure there are other aspects that we tend to disagree on. I think emotional regulation was not that much important during our group's discussion as we settled on similar experiences. We were joyful that our experiences were the same, so there was no need to control our anger. The three important lessons I learned is that as students we usually experience the same thing, I learned that our emotions can be cancelled out if we all agree on something, and lastly I learned that different people may experience the same thing as me but it may be seldom or it may be frequent.