

Honesty

#4

Honesty

SHARE YOUR FEELINGS & NEEDS

When . . . , I feel . . because I need . .
Would you be willing . . ?

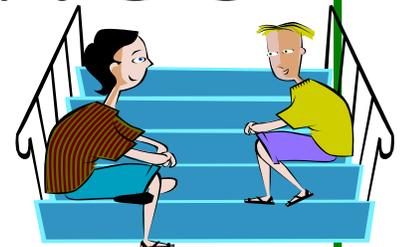
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Empathy

#3

Empathy

GUESS THE OTHER'S FEELINGS & NEEDS



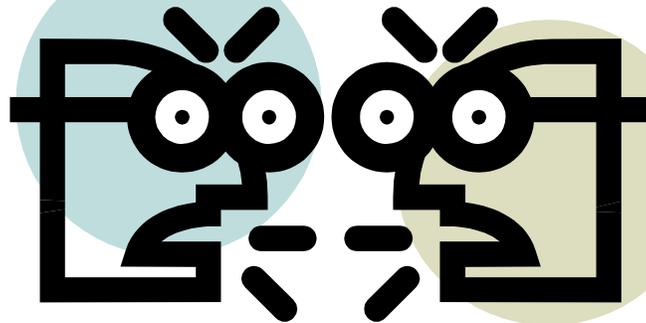
Are you feeling
because you're needing ?

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#1

BLAME THE OTHER

What a
jerk!



It's all
your fault!

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#2

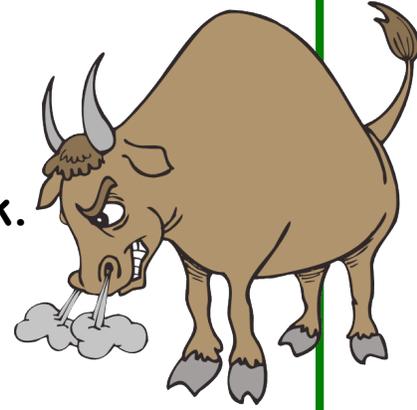
BLAME YOURSELF



How do you speak to yourself when you
don't like what you've said or done?

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STIMULUS



1. You're not listening to me. You never do!
2. You're not doing your fair share of the work.
3. You're attacking me again. I don't like it.
4. I sense a hidden agenda here.
5. There's no way I'll have time for this.
6. People never tell me when I do things right around here.
7. Why didn't anyone ask for my opinion about this?
8. You really take others for granted.
9. I'm not sure you can accomplish this task.
10. These long hours are really getting to me.

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INSTRUCTIONS

1. Each person receives a card (keep in numerical order). If there are more than 5 in the group, people can double up.
2. The person with the **STIMULUS** card begins by reading the 1st statement on the card out loud and establishing a context for the statement. (*Alternatively, people can create their own Stimulus*). The person with #1 card responds according to the type of response indicated on their card. The statement is repeated again for those with the cards #2, #3 and #4. In the case of cards #3 and #4, the person making the stimulus statement determines whether or not the responses they receive are satisfying to them. Only one response from each person is required. It's not necessary to resolve the issue but merely to practice the various responses.
3. Once responses have been given for each of the cards, everyone passes their card to the person to their left and the cycle starts again with statement #2 on the Stimulus card. This gives everyone an opportunity to try the various responses.

Option: Increase the level of difficulty by eventually getting rid of cards #1 and #2.

PURPOSE:

- 1) To understand the 4 different ways of responding.
- 2) To become aware of the way you habitually respond to stimulus.
- 3) To develop the skills to respond with empathy (#3) and express honestly (#4).



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