

Lesson Two

Evaluating Your Three Person Experiences

Threeing clarifies your experience of problematic relationships. In this lesson you will take a quiz that evaluates the health of some of your three person relationships.

Preparation:

Take Evaluation Quiz – See Additional Resources section of this Web site.

Objectives:

- To Practice Listening with the Tricolor Talking Stick
- To Gain some Skill in Evaluating Three Person Relationships

Materials:

- Comfortable private room, big enough to divide everybody into small groups of three and four, ideally around a small table.
- Assessment material, including pencils or pens (See end of Lesson 2)
- Tricolor Talking Sticks

- Blindfolds for everybody

Procedures:

Divide the group into teams of four. Avoid repeating having people in same group as Lesson one. Assign initial roles: Storyteller, Yellow, Red and Blue. Ask everyone to have blindfolds ready.

5 minutes

Listening Exercise #1

This is basically a listening and evaluating exercise. One person tells a tale of a problematic triadic relationship raised by the evaluation questionnaire. The remaining three members (blindfolded to increase their attentiveness) listen in the different skill sets. Yellow listens for feelings, Red listens to try to identify the problems in the relationship, referring, if possible, to the seven problems presented in chapter two. Blue listens for overall patterns in the situation. Once the person has told his tale, the listeners take off their blindfolds and reports back to the speaker what they have heard. The speaker listens to each one without arguing or retelling. The order for feedback moves from yellow to red to blue. Do not use advocacy protocols. Emphasis is on listening.

Six minutes to tell the tale. Three minutes for feedback from each role.

15 minutes

Everybody shifts roles. Storyteller becomes yellow, yellow becomes red, red becomes blue and blue becomes the story-teller. Listeners put on blindfolds. Storyteller tells her tale and listeners take off their blindfolds and feedback in turn.

15 minutes

Rotate roles again and perform the exercise.

15 minutes

Rotate roles again and perform the exercise.

15 minutes

Discuss the experience as a group.

20 minutes

End Of Lesson Two

Extra

Optional Listening and Evaluation Exercise

Configure groups of Four. Avoid repeating groupings. Review talking stick.

Reader reads the entire section about one of the seven problems from Chapter Two.

Blue listens for overall patterns.

Red listens for specifics.

Yellow listens for tone or feeling.

Discuss the reading using talking stick. Use symmetry.

Change roles in the groups of four. Reader to Yellow, Yellow to Red.

Red to Blue. Blue to Reader.

Repeat exercise using next problem.

Change roles and read next problem until the seven problems are finished.

Time open