

## One-Minute Drill: Brief Instructions

Decide who will be the *Talker* and who will be the *Listener* first. When you're done, you'll reverse roles: the *Talker* will be the *Listener* and vice versa.

### Talker Instructions

You can express your feelings about any topic for approximately sixty seconds. (Use a smart phone to set the 60 second alarm.) When you're done, your partner will summarize what you said and how you were feeling inside. Rate the accuracy of his or her summary between 0 percent (not at all accurate) and 100 percent (perfect).

If your partners rating is 95 percent or better, you can reverse roles. You'll be the *Talker* and your partner will be the *Listener*.

If your partners rating is less than 95 percent, tell your partner about the part he or she missed or got wrong. Now your partner will summarize that part, and you'll give him or her a new rating. Continue this process until the overall rating is 95 percent or better.

### Listener Instructions

Say nothing while your partner talks, but listen as carefully as possible. Concentrate on what your partner says. Take notes if you want, jotting down the main points. Sit quietly and respectfully using good body language. Avoid frowning, raising your eyebrows, shaking your head in a judgemental manner, or folding your arms across your chest defiantly.

When your partner is done, summarize what he or she said as accurately as possible. You can refer to your notes. Your job is not to agree or disagree with anything your partner said. Instead, imagine that you're a court reporter, and your goal is to get it right. Paraphrase what your partner said and how partner is likely to be feeling inside, given what he or she just said. For example, your partner might be feeling angry, frustrated, lonely or unappreciated. If your partner gives you a rating below 95 percent, ask him or her to explain the part you got wrong. Now summarize that information and ask for a new rating. Continue this process until you overall rating is 95 percent or better.

The tone of your summary will be as important as the content. Try to be respectful, even if your partner was angry or critical of you. If your summary sounds sarcastic or belittling, your partner will get upset. END

FEELING WORDS			
Feeling	Words That Express This Feeling		
Angry	mad resentful upset irate	pissed off irritated furious annoyed	ticked off incensed enraged bitter
Anxious	worried apprehensive panicky nervous	afraid uptight fearful concerned	scared tense frightened uneasy
Bored	uninterested	unmotivated	
Criticized	picked on judged	put down blamed	insulted
Embarrassed	Foolish humiliated awkward	self-conscious mortified	flustered shy
Frustrated	stuck exasperated	thwarted	defeated
Guilty	ashamed	at fault	bad
Hopeless	discouraged	pessimistic	desperate
Inferior	inadequate useless second-rate	worthless undesirable defective	flawed intimidated incompetent
jealous	Envious		
Lonely	abandoned unwanted	alone unloved	rejected
Paranoid	mistrustful	suspicious	
sad	blue depressed hurt disheartened	down disappointed lost low	unhappy despairing dejected miserable
stressed	overwhelmed pressured	burned out overworked	tense frazzled
Tired	exhausted drained sleepy	weary worn out burdened	fatigued lethargic wiped out
Vulnerable	weak	fragile	exposed

