

50/50

The Guide to Support Positive Communication



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50/50 Relationships

Idea: Building a Therapeutic relationship with co-workers and other individuals you surround yourself with is extremely important. In the 20th century it is crucial that individuals you are around understand at least some of the ideas, beliefs and thoughts that you possess. These questions have been created utilizing various documented and proven studies in the development to help individuals help understand others either in their workplace, friendship or relationship. The idea is to help promote communication and openness between people who may have more of a difficult time opening up.

Before Starting the Activity I Have included a Recently Developed aspect called “My Circle”

*Circle Can be found on the last page of this description

Goal: To develop open communication and help promote “My Circle” within the therapeutic bond between professionals and if needed between clients. The questions have been strategically placed to help make communication flow as a conversation and less like the model of “average communication.”

“The Circle”: So often we openly share information with whoever is there not understanding the impact that our communication has with others and what occurs after we say something. It is within this that I have devolved the “Circle” The circle is broken down into four different time stamps:

Inner circle:

One minute: One minute how long it usually how long it takes for you to say something that could be seen as “Controversial” or “Over sharing” and thus is placed with “Best Friend or Family.” When developing this we evaluated over three hundred different conversations and within seconds when an individual is sharing something with someone who they are extremely close with they tend to do it fast. By evaluating what you are saying within the first minute of anything you can begin to look at if you are headed down a road that might lead to you a.) Saying something you regret or over sharing.

Five Minute: Say you are out with some “friends” you guys are close but not super close you hang out because you work together or share mutual friends – this can even extend to a classmate you are talking to for five minutes after class. Keeping the context of a specific topic that could be considered “personal” less than five minutes is a good rule of thumb when you are just talking to a friend as there is a reason that they are a “friend” and not a “Best Friend.” Within this being aware that within five minutes you are very likely going to over share can lead to creating better boundaries and not having as many people knowing your “personal information”.

Ten Minute: Within ten minutes of talking about any topic you are very likely to over share and more so are likely to get off topic. Furthermore keeping communication about certain topics that could lead to “personal” information being divulged is an issue with acquaintances and where they are acquaintances it is important to remember that there is a reason for that. When defining an acquaintance a few examples are: someone who is in your class and you have had a couple conversations may not quite be your friend but they may be a reason to want to know something.

Note:

In various times there may be a need, desire or positive attribute for sharing information longer than needed such as with cops, mechanics, doctors and etc. However being aware of what, when and for how long you are sharing is important. Furthermore that leads us to our outer circle.

Outer Circle: The outer circle within the 21st century is one of the easiest ones to sneak in without people knowing. How many times have you heard “Person fired for sharing something on Facebook they shouldn’t have?” “Facebook is a common tool used to communicate and makes it doing so with all the individuals we have in our life. Think of “Friends” on Facebook and ask, “How much do they really know?” Take for example co-workers as many of us have on our page and many of see them as friends but think about this; at some point there is bound to be something you share on Facebook a quote, picture, video of you out having a good time or some type of a challenge and it seems great that everyone knows that you really like this view or that but in reality you could have over shared. The idea of social work is great and extremely useful however what happens when a friend knows a friend of you client or a customer you don’t like and they go and like your picture and then that client sees it or that customer sees the like and then knows who your name sees your page and then knows all this information about you. Social media is great for a lot of things but it breaks the idea of “sharing” and so when you add people on social media it is important to evaluate where they fall in terms of “Friends, Best Friends, acquaintances” as well as what you share. By evaluating this you can help limit the amount of personal information that is openly available about you. Using Facebook as our statistical basis we are able to see that in comparison to what we think where sharing and what we really are is not close. I mean let’s say you like a photo; On the side of the screen it is visible to all your friends + their friends. Ok so no big deal you added them but now let’s say they share it. Well the easiest way to think about what you are sharing is like this: every 60 seconds on Facebook: 510 comments are posted, 293,000 statuses are up-

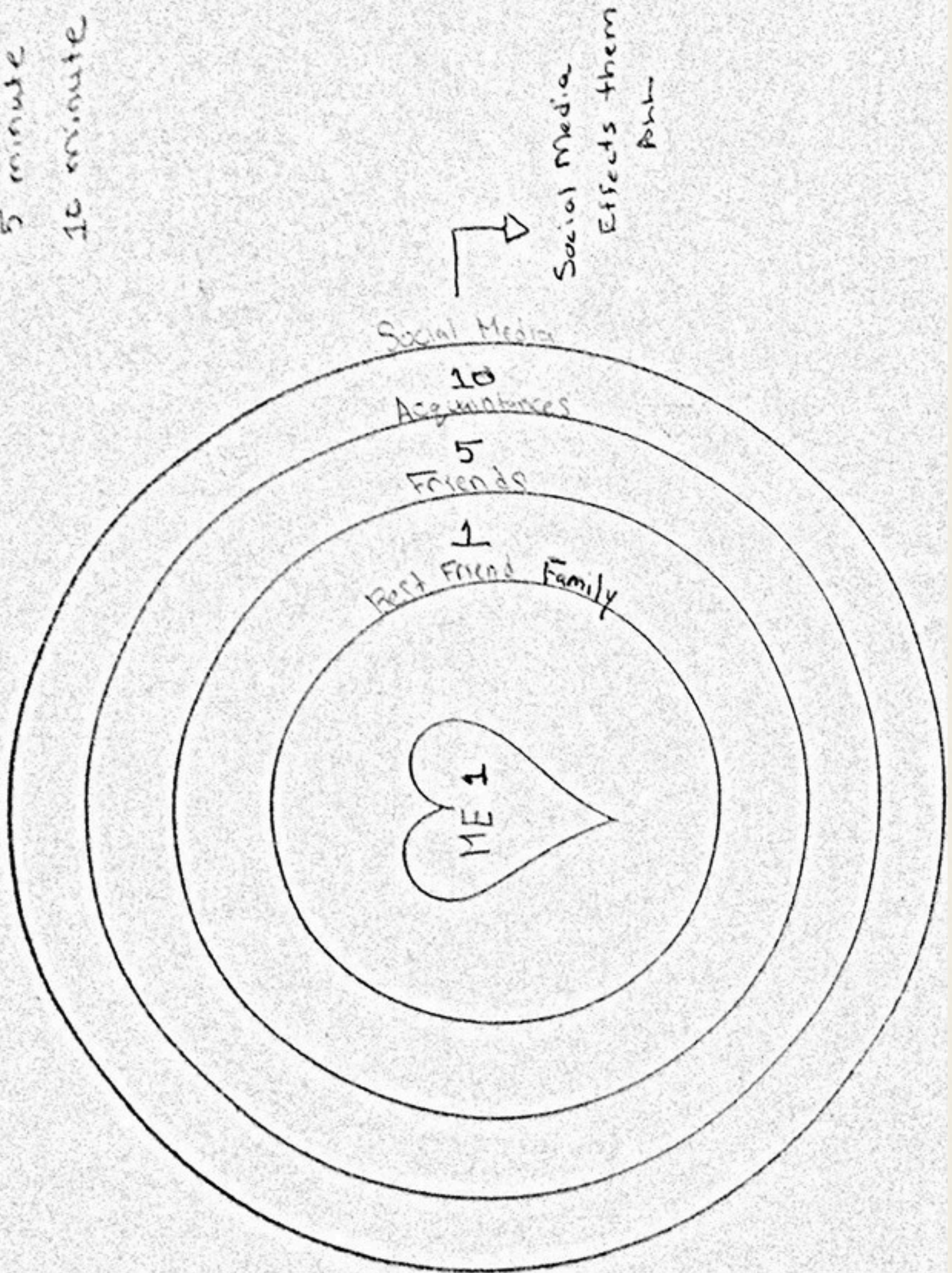
dated, and 136,000 photos are uploaded (Source: The Social Skinny) and it becomes apparent that all it would take for someone to really like it or hate it and boom “its Viral” and all your information is out there.

Sharing

1 minute

5 minute

10 minute



The Three Ways to Use 50/50

1.) **Development:** In the development model it is straight forward and direct you ask the questions there is no time set for the completion of question and no pressure; these questions become fruitful in just the development of communication and give an opening for two people to communicate with each other and open up communication in a no pressured way.

2.) **Competitive:** Was devolved with the idea of individual ideas of communication and that some people don't like the idea of "free for all communication" which is the open time communication that leads the awkward silence in the middle or that many people if there is too much time feel a level of discomfort with the open time. Within this the competitive angle give One hour and 22 minutes to complete all 50 questions and for the other 11 questions at the end.

3.) **Super competitive Double Player:** The same rules as above you have One Hour and 22 minutes to answer each question except this time you are going against another person and are keeping track of points. The points come within the idea of guessing what the other person might say such.

Example: What is your favorite movie? If you say "Yes Man" and they say "Yes man" then it's a point but say you have two favorite movies during different times of the year and the other person agrees with you then you could get the $\frac{1}{2}$ point. The points are broke down as follows:

1 Point for each correct question

$\frac{1}{2}$ Point for each "Depends" question

0 points for each incorrect question

You Must log exact Time for each question

- Log Important responses
- Debrief no matter what -Debrief (Not counted in total time)
- Any questions that stood out
- What did you learn
- Were you stressed
- Did you learn anything

new?

**** Thought information does not count for or against your time.

The Beginning

1. Name a time you told a little white lie:

A) What was it?

B) How did it change others or how did it change you?

C) Would you do it again?

D) Do you lie?

2.) Lighthouse (Visualization Exercise): You are lost at sea on a stormy night and yet you see a light in the long path back and see a shadow of a creature; who or what is it?

A.) If it's a person- who is it?

B.) What thought of this person or creature helps you get back?

C.) What Mental Strength did you use to help get through this time?

3.) What is a Joyful Memory: (Thinking Exercise).

Speak of ONE of the most joyful events in your life

A.) Who

B.) What

C.) When

D.) Where

E.) Why is it your happy time?

F.) How did it happen?

4.) What is a Negative Memory: (Thinking Exercise).

Speak of ONE of the worst events in your life

A.) Name a negative thought?

B.) Why is it Negative thought.

C.) Talk about your experience and state three positives that are related to the negative situation or experience and how it has impacted your life positively.

5.) No, officer... I have no idea how fast I was going (Morality)

A.) Talk about a time you could have gotten in trouble for breaking a rule or law.

6.) Friendship Mural; Say the first name you think of within thirteen seconds.

A.) Who is your Best Friend?

B.) Why?

C.) How did you Meet?

7.) Resilience

A.) Name one person who is....

B.) Name one time you were....

C.) Name one thing you have stuck with....

8.) Powerful Ally: Think of a person or character, real or imaginary, which is powerful, strong, or wise.

- A.) When is a time you needed them?
- B.) Name the time you knew you could rely on them

9. Violence

- A.) Violence happens because...
- B.) Someone who is violent toward others is trying to...
- C.) Someone who is violent toward himself is trying to...
- D.) Someone I have trouble communicating with is...
- E.) What I really need is....
- F.) What I wish people would understand about me is...

10. My Relationship with _____

- A.) Select a person in society or in your life who you disagree with”- State why you disagree? Describe what you would do or say to them if you could.
- B.) What might they say back?
- C.) What might happen?
- D.) How could you
- E.) Do the same for A-D for someone you agree with.

11.) Holistic Health

- 1.What is a healthy mind?
- 2.What is a healthy heart?
- 3.What is a healthy body?

4. What is a healthy spirit?

12.) Would you rather know when you will die or how you will die?

A.) Why?

13.) Based on death- ask yourself “What am I doing everyday”

A) What is a normal day for you?

B) Does it help me or hurt me?

C) What will I remember about what I did today in 20 years?

14.) Why does the world exist?

A.) Is there a purpose to the existence of this whole world?

B.) What is your importance?

15.) How do you create something?

A) A story

B) A path of life

C) A way

16.) How do you get back on track

A.) How do business get back on track?

B.) What do you think failure looks like?

C.) What do you think success looks like?

17.) My Wise Self

- A. What color am I?
- B. What is one image I daydream about?
- C. What is one thing I can do better than most people?

18.) Rewrite History

- A.) Pick a negative memory and think how you could redo the situation.

19. Shadow

- A.) Think about the last time you saw your shadow; what do you remember seeing?
- B.) What might others see?
- C.) What is your shadow? What does it look like when you leave the room to other?
- D.) What do they say?

20.) Humble or Cocky!

- A.) What Can I do better then most
- B.) What cant I do?
- C.) Am I Humble or Arrogant? Or am I Confident?

21.) Is it better to be Great or be balanced?

A.) Balanced

B.) Great

C.) Would you rather be great at one thing more than another and be really good in your field or desired choice of life activity or be average in your field with no specialty?

22.) Missing Pieces

A.) You get in the car and start driving when you realize you left something "What is it?"

A.) You wake up in the morning only to realize you can't remember what happened last night: "What happened?"

C.) What's missing from your life mentally?

D.) What's missing from your life physically?

23.) Maybe nothing is missing - Tolerance Pledge Ceremony (Read out Loud):
No one has the right to call me names and I don't have the right to call anyone else names. I pledge that I will accept others the way they are and try to appreciate people who are different from me. If I really don't like someone, I will give them space to be who they are, and I will defend my right to be who I am.

24.) Tough Guy and Drama Queen:

A.) What are the stereotypical ways for males and females to respond to emotional pain?

Which one is more socially acceptable: The "tough guy" women and the "drama queen"

B.) Why do people Judge?

25.) I have that inner peace

A.) State three things that make you an individual and make you unique; i.e. you wear a hat, jump real high or know seventy two languages.

26.) Stuck and Unstuck

A.) Speak for 12 Seconds about anything! Respond to stop on first try

B.) Speak for twelve seconds and ignore the other people (Person) talking! Stop on first try.

27.) Poetry Time

Make a short poem out of these words

A) Love, Respect, Life and hate.

B) Me, Myself and I

28.) Motivate me: Think of ways you get motivated?

A. What motivates you?

B. What gets you mad?

C. Can anger be good?

29.) What does it look like when your mad? (Can be more than one.)

A.) Motivated

B.) Frustrated

C.) Focused

D.) Unfocused

E.) Angry

30.) Using it as an aid

A.) Is anger always bad?

B.) Does it create a chip? Make you want to work harder?

31.) If you create your own problem- what do you do (Can be more than one)?

A. Blame others

B. Make excuses

C. Think of things that you did that led up to it.

D. Think of things others did that led up to it.

E. Both C and D

F. Leave it for others to help you

G. Wait an extended period of time then deal with it

H. Fix it within the next few hours

I. Make matters worse (How do you).

32.) If someone else creates the problem- What do you do?

A. Blame others

B. Make excuses

C. Think of things that you did that led up to it.

D. Think of things others did that led up to it.

E. Both C and D

- F. Leave it for others to help you
- G. Wait an extended period of time then deal with it
- H. Fix it within the next few hours
- I. Make matters worse (How do you).

33.) How do you deal with the aftermath of a crisis or problem (Can be more than one)?

- A.) Music
- B.) Running
- C.) Writing
- D.) Crisis

34.) If you don't have a thing you do when you get mad then what are your favorite things? 15 Seconds for each question

- A. App
- B. Website
- C. Movie or Genre
- D. Music or Genre
- E. Song
- F. Artist
- G. Actor and actress
- H. Activity
- I. Creative activity
- J. Person

- K. Place
- L. Thought
- M. Time of day
- N. Book
- O. Quote
- P. Body part
- Q. Sport
- R. Game
- S. Animal
- T. Food
- U. Drink
- V. Author or Genre

35.) Interesting fact about yourself

36.) Describe the top three people in your life

- A.) Who are they?
- B.) What do they do?
- C.) How do they make you feel?

37.) Think of things that make your life go around

- A. Think of things you need
- B. Things you don't need

38. Think of things you

A.) Need to do

B.) Shouldn't do but want to

C.) Should do and need to do

39. Think of things you would

A.) Never do

B.) Never say

40. Think of things you should

A.) Should say

B.) Should do

41.) Say Yes to everything the next person says or asks you.

42.) Say No to everything the next person says or asks you.

43.) Two-life lessons for the uncomfortable parts of your wonderful life and what they are about and how they impact you:

A.) Embarrassing facts

B.) Interesting times you have faced

43.) Dreams (3 Dreams)

A.) What is yours

B.) Why haven't you made them happen

44.) Fears (3 Fears)

A.) What are you afraid of

B.) Why?

45.) I Will Survive!

A. I am lost on a boat; I will survive by doing or using this....

B. I am in a burning building: I will get out by.....

C. I am trapped under a heavy rock: I will get out by...

46.) Group Journey: Think of people that could help you on a deserted island-
who would come?

A. What skill do they have?

B. What skill do you have

C. How would you work together?

47.) What is the biggest non-verbal that you have or do?

48.) What is the biggest commitment you have ever had?

49.) Last time you

A.) Cried

B.) Laughed

- C.) Loved
- D.) Hated
- E.) Farted and Walked away
- F.) Said yes
- G.) Said no
- H.) Did your favorite activity
- I.) Apologized
- J.) Praised yourself
- K.) Gave something away
- L.) Bought something from yourself

50.) Biggest

A.) Accomplishment

B.) Failures

Added Bonus Questions worth twice the points!

Why do the bonus? Each point prior to this was worth one point meaning you could have a maximum of 50 points these questions are worth twice the points due to the fact that they can be greatly more thought provoking. Keep in mind strategic sharing as you do this activity. Also keep in mind that the set of 11 added bonus questions are “Yes or no” questions and therefore no 1/2 points are to be given.

51.) Money

- A. How do you spend your money?
- B. What do you spend most of your money on?
- C. Do you balance your money?
- D. What if you had a million dollars?

52.) Without looking, guess what time it is

- A.) Now look at the clock; What is the actual time?
- B.) Do you care about time- Why do you.
- C.) is time of the Essence?

53.) What was your last dream?

- A.) Do you think it has meaning

54.) Travel

- A.) Where would you like to travel?
- B.) Where would you like to live?
- C.) Would you ever consider living abroad?

55.) Do you remember why / at what? –Answer with anything.

56.) Most impactful person in America right now by field

- A. Actor
- B. Musician
- C. Author

- D. Politician
- E. Celebrity
- F. Fictional person
- G. Social Worker
- H. Scientist
- I. Sports star: Men and Women
- J. Local Community members

57.) For Green or not Green

- A.) Vegan
- B.) Not Vegan
- C.) Trees or No Trees

58. Thoughts on life – Any statement or thought

59. Love - Any statement or thought

60. Religion –Any statement or thought

61. How do you feel about being touched?

62. Individuality – Any statement or thought.