

## Yes And...

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(Revised: 22. May 2001 by Clinton Callahan)

### **FORMAT:**

Dyad process.

Duration: 20 minutes

### **PURPOSE:**

To become aware of the impact of saying NO when having a big being and instead being a Yes and keeping the energy rolling.

### **SETUP:**

Partners spread in the room and stand facing each other.

### **INTRO / BACKGROUND:**

When your being grows and you say “no”, this little word can destroy a whole universe in the other person. Like you step on an ant hill and don’t realize that you just killed 10.000 ants. It’s the same when a little child asks you whether Santa Clause exists. When you answer with a “No”, it kills innocence. Why do you have to say “no”? Learn instead to say “Yes, and...”

A “no” is a rejection, an absolute block. This energy ball from the other person coming towards you is stopped. Sometimes you have to say “no”. But when you stop the energy ball, it is wasted. If you move instead to the direction “yes”, something else is possible with the energy of the person. Roll this energy ball somewhere, because this energy is precious. Appreciate the energy which is there. It’s about being with the other person, not about forcing your opinion on her.

The tool you use is the “paint brush”, because you paint a new picture, a new way for the person. When you use “Yes and...” you build a heart to heart connection.

This is about becoming more conscious about your big being, because you don’t notice it, because you live in it. It’s about using it effectively.

### **INSTRUCTIONS / PROCEDURE:**

- Please find yourself a partner and sit facing each other.
- One person in each pair put your hand up. You are the Nacktschnecken. The others are the Tintenfische.
- Nacktschnecke your job is to be innocent and build up a ball of energy.
- Tintenfische, first say “no/stop it/it’s against the rules/you can’t do this”.

- Nacktschnecken, you then tell the Tintenfische, what it's like when receiving the "no".
- Then you (Nacktschnecken) deliver the same lovely idea again. And you will realize resistance, because you were just killed when you delivered it the first time.
- Tintenfische: when you receive the energy ball the second time, use "YES, AND..." Roll the energy and paint the picture
- Nacktschnecken: Give direct feedback and coaching what they could have done better.
- Approx. 5 minutes
- Then check-in regarding experiences during the exercise
- Then change roles.

## **DEBRIEF:**