

## **Being Right Or Being In Relationship**

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### **FORMAT:**

Groups of 3

Duration: 45 minutes

(It's helpful to do this exercise after the low drama triangle, being unhookable, acceptance or being with)

### **PURPOSE:**

Train the skill of being a YES in order to be in relationship.

### **SETUP:**

People get together in groups of 3, sitting.

One speaker, one role player, one coach.

### **INTRO / BACKGROUND:**

You can either be right OR be in relationship. Both at the same time is not possible. Being a YES for another person is a skill. Being in relationship is about :

- Being a YES (also be a YES for their NO)
- Agreement
- Acceptance
- Nonlinear creating
- Making interesting offers
- Being unhookable
- Being with versus
  - Being right
  - Disagreement
  - Being NO
  - Non acceptance
  - Hardline
  - Straight
  - Linear
  - Boring offers
  - Being separate

### **INSTRUCTIONS / PROECEDURE:**

As speaker, choose the person you have the greatest conflict with. Make an offer and let the roll player answer. Be a yes for the person you have a conflict with, accept their offer and make an interesting offer in return.

Each person gets to be the speaker for about 5 to 10 minutes. Then the coach gives the speaker additional overview. The coaching is about being a yes and being in relationship. The coaching is given for 2 minutes.

As trainer you can either have the speaker start or the role player start, whichever is more difficult.

**DEBRIEF:**

Ask the participants to share about their experience.