

## **Buddies**

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(Revised: 22 April 2001 by Clinton Callahan)

### **FORMAT:**

Dyad process.

Duration: Lasts whole training.

### **PURPOSE:**

Learn about commitment

### **SETUP:**

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### **INTRO / BACKGROUND:**

When you came in here last night, you may have been talking with somebody, or filing your fingernails, or looking for some papers, but what you were really doing was sniffing butts. This is what dogs do with each other when they first meet. You were looking around at everybody and checking them out, seeing who was coming here. And you were seeing if you could handle them.

You were checking everybody out to see if you could be with them or not. Now some of the people you thought you might be able to be friends with. And other people you looked at them and said "Yuck! No way!" There is no way that you would start a relationship with that person. If they were to walk into the party, you would go straight to the drinking fountain so you did not have to meet them. You feel repelled at a gut level.

So, there are both of those kinds of people here.

### **INSTRUCTIONS / PROCEDURE:**

What I would like you to do right now is, without saying anything, look around the room and pick out one of those people who you cannot stand to be with, that you would never be friends with. You know who they are. I want you to do that men with men and women with women. I want you to stand up right now, and, without saying anything, go find each other and sit next to each other. Please begin. Please no talking. Please sit down with your partner.

Okay, now. Here is the experiment. This person is your buddy for the weekend, all weekend long. Starting now, for the rest of the training, all day, all night, your job is to create it for them so that they get it. Your job is to make it happen for them. Whatever it takes. It is not about you anymore. It is about them. This is your buddy. If your buddy is late coming back into the room, you are late. If your buddy does not

do their homework over the break, your homework is not done. If your buddy has not drunk their glass of water, you have not drunk your glass of water.

What I want you to do is commit to your buddy 100 percent. It is not about you anymore. It is about you getting them to get it this weekend. It is about you being whoever you have to be to make it happen for them, no matter what it takes. If you have to explain things to them over and over and over again, you do it. If you have to kick them in the butt, you do it. If you have to hug them every hour, you do it.

You will remember your buddy for the rest of your life. You will remember everything that your buddy did for you, every risk they took, every time they showed up for you. And you will remember every time they did not show up for you. This is a commitment. Stand if you choose to accept this commitment.

Thank you.

**DEBRIEF:**

The fact that you are buddies is not an accident. It is important. There is a lot for you to learn from your buddy. So really go for it this weekend. Really commit. Do everything you can, everything necessary; go way beyond what you ever did before. This is probably the first relationship you have ever had that is based only on commitment.

*Note:* On some breaks and at lunch, Trainer gives the instructions: “Go be with your buddy.” At the end of each evening, say, “Spend at least five minutes with your buddy before you go home tonight.”