

Application Activity #2: Watch People as They Interact with Each Other

During this activity, simply observe people in action. Try not to apply some theory or psychological profile—just notice.

Here is an example of what I am suggesting:

At our weekly staff meeting, the boss did most of the talking. He rarely asked questions. In fact, his questions were asked in a way that really didn't encourage people to respond. He did say, "Does that make sense?" and "I think this is all clear to you, right?" It didn't seem like he really wanted anything but an affirmative head nod.

When Mary (one of the few people who spoke) said something that built on the boss's idea, he pointed to her and gave her a thumbs up. When she asked a question that showed some concern on her part about a decision he wanted to make, the boss explained why she was wrong. He probably spent five minutes talking. I think they call that mansplaining. No one commented again after he spoke.

The notes you make are for your personal use. Spelling doesn't count. The purpose is to help you begin to notice everyday exchanges a little differently. In Application Activity #3, I will invite you to apply different lenses to situations you observe.

This is one of nine Application Activities included in my book, *Seizing Moments of Possibility: Ways to Trigger Energy and Forward Momentum on Your Ideas and Plans*. You can get a free copy of the full e-book version from my website: www.rickmaurer.com