

Group Session SST 3 Transcript

CINDY: We're going to give you a little model of how this goes. So I'm going to do the steps with Becky. And I'm going to explain my viewpoint, and she's going to kind of, like, give her viewpoint, but we're going to come to a compromise. This is the tough part, this fourth step.

So, let's say, maybe we're going to go to the movies.

BECKY: Okay.

CINDY: And -- okay.

BECKY: You want to pick something different?

CINDY: Yeah, I'm going to say, let's see, I want to see the new -- this is probably not true, but I want to see the new "Star Trek" movie.

BECKY: Okay.

CINDY: All right? Now, you guys watch us and see if we do these steps. So watch real carefully, because I'm going to ask you, were we able to do Step 1, Step 2, and I want you to give me some feedback about how we did. Okay, ready?

BECKY: So Cindy is following the steps of the skill, okay?

CINDY: Okay. All right.

Hey, Becky, so --

BECKY: Hi, Cindy.

CINDY: We're going to go to the movies!

BECKY: Yeah, I'm excited.

CINDY: I'm very excited, too. You know, I've been wanting to see this new "Star Trek" movie. It's like all, like, the younger generation, you know, and they're going to show what it was like when they were young, like Captain Kirk and -- I'm really excited about it.

BECKY: I am not a fan of "Star Trek."

CINDY: Really?

BECKY: Yeah, actually, I was wondering if we could go see "The Soloist." It's based on a true story. And I think that would be really neat for us to see.

CINDY: So, let's see, you want to see "The Soloist."

BECKY: Yeah, I've heard it's a good movie. I read the book, and it's also very good.

CINDY: Oh, okay, well, how about this -- I really do want to go to the movies with you, so how about if we go see "The Soloist" tonight, but then next weekend when we go out, we go to see "Star Trek"?

BECKY: Yeah, that sounds like a good idea.

CINDY: [Laughing] Okay. All right, give us a little applause here!

So let's go through the steps. Okay, so, did I say my viewpoint briefly?

ALL: Yes.

CINDY: Okay. So did I listen to her, what she wanted to do?

ALL: Yes.

CINDY: And how do you know I did that? And that goes into 3.

MAN: You repeated it.

CINDY: I said, "So you want to see 'The Soloist.'"

ALL: Right.

BECKY: So she suggested a compromise. She followed Step 4.

So, now that you have an idea of how to do this skill, we're going to ask you guys to come up and role-play and practice how to compromise and negotiate. Okay?

CINDY: Yeah. So who would like to be first? Albert.

BECKY: You get a chance to see the board, and you also have your handout right there.

CINDY: So, before we start, I'm going to ask some of you guys to kind of take a look at one particular step or another, to sort of be responsible for giving feedback. So, Don, could you look for Step 1? And see if Albert is kind of brief in briefly expressing his point of view.

And Step 2, Garry, could you watch out for 2? See if he's listening. What are some of the ways you can tell that somebody's listening?

MAN: They repeat the other person's viewpoint.

CINDY: Also, what --

MAN: Eye contact.

CINDY: Thank you -- now, if, you know, he's not looking down, he's going to make eye contact, and, "Oh, he's listening."

What's something else that people do that shows they're listening? You're doing it right now.

KATE: Nodding.

CINDY: Okay, 3, who wants to do this one? Albert, you want to watch and see if he repeats back?

ALBERT: Yes.

CINDY: Just watch for that one. And 4 -- this is the big one for you, Albert. And I'm going to ask Kate, see if he suggests a compromise.

KATE: Okay.

BECKY: You want to use the skill --

ALBERT: I was thinking about one that I want to pursue.

BECKY: Okay.

ALBERT: I'm in an I.T. program, and I work part time downstairs. And I would like to

speak to my vocational counselor about getting out of the I.T. program and becoming a regular part-time employee.

BECKY: Okay, so what is it that you'll be compromising?

ALBERT: I don't know.

ALL: [Laughter]

CINDY: You know what I think? I think this one is kind of like a request.

ALBERT: Oh, okay --

CINDY: And it kind of moves into that whole vocational thing, which we have done before.

I would say we make this one really simple, like you want to do one thing; Becky wants to do something else.

KATE: McDonald's or Burger King.

BECKY: Yeah, McDonald's or Burger King. [Laughs]

CINDY: Or maybe it's, you know, it could be, like, watching something on TV. "I want to watch this show. You want to watch another show." You've got to come to a compromise. Say you only have one TV.

ALBERT: I want to go see the movie "The Soloist." [Laughs]

BECKY: [Laughs] You want to use the same -- do you want to use the same scenario?

ALBERT: But when she said -- I liked that. Yeah, I want to go and see "The Soloist."

CINDY: Okay, so she's going to take another point of view this time.

ALBERT: Right, yeah. Okay. So we're going to --