

Group Session SST 5 Transcript

CINDY: This one is about compromise, which means each person gives up something, but each person gets something. So, what you might want to do this time is suggest -- you still stick with -- you want McDonald's, right? I'm getting confused, but --

BECKY: I know, because we changed it up in this segment.

KATE: I know!

CINDY: You got me. But let's just throw a third restaurant in the mix. So, that's where each of you are kind of like giving up some a little bit.

KATE: Okay, okay.

CINDY: It's just an idea. Just a thought.

BECKY: So that I don't get confused...

[Laughter]

BECKY: I want to make sure. So, you want -- your preference is McDonald's.

KATE: McDonald's.

BECKY: And my preference is Burger King. And then for the compromise, what is it that you'd like to suggest?

CINDY: Taco Bell.

KATE: Taco Bell.

MAN: Jack in the Box.

BECKY: Okay, there you go. All right.

CINDY: Just so you don't feel like you're folding over. You're, you know, a third place.

KATE: Because I always do.

CINDY: Especially because, you know, you say that that's something that you are constantly working on is taking your own viewpoint. So why don't we do that?

KATE: Right, and that way, I feel like she's not winning. If I'm not winning, she's not winning, but we're all eating, and that's the main point.

BECKY: Right, it is, that's a good point. Okay, so let's do the third role-play. All right? Okay, we're driving.

KATE: Hey, Pat.

BECKY: Hi, Kate. You know, I'm getting hungry.

KATE: I see a McDonald's down the road.

BECKY: I also see that Burger King -- it's right next to the McDonald's. Why don't we go to Burger King?

KATE: You want to go to Burger King? Did you hear I want to go to McDonald's?

BECKY: Yeah, I don't want to go to McDonald's.

KATE: Okay, well...I don't really want to go to Burger King either. How about if we go to Taco Bell?

BECKY: Yeah, that's a good idea. Why don't we do that?

KATE: Okay.

BECKY: Okay.

CINDY: Nice!

[Applause]

BECKY: Oh, my gosh!

CINDY: You know, you seemed very confident that time.

BECKY: Oh, my goodness.

CINDY: A totally different feeling. What about -- what do you guys think?

MAN: I think it was really good.

CINDY: What did you like? I just liked the way she came right out and said, "You want to go to McDonald's, and I don't want to go to Burger King. Let's just go to some other place," and that will kind of settle it up there.

KATE: I even said your name -- Pat.

BECKY: I loved it.

KATE: This is good.

CINDY: Whooh! She had a catharsis there.

MAN: And then there was like no giving in or anything.

CINDY: Just suggesting a third place.

MAN: Right, right.

BECKY: I really felt like you were listening to me because not only -- you gave, like, like Albert was saying, you gave a quick summary. You said, "Oh, well, I want to go to McDonald's, and then you want to go to Burger King, so, you know what? Why don't we go to Taco Bell?" It was a quick summary. So, basically, that told me that you were listening and you repeated back what I was saying, and...

KATE: And I was questioning it. Like, I was putting it out there like a question. I wasn't putting it out there like, "This is!"

BECKY: Right, you weren't demanding. No, it flowed very easy. You were very pleasant.

KATE: So, it will work?

BECKY: I don't know, but it convinced me, you know. Very good! Nice.

CINDY: Okay. Phil, you want to do one?

PHIL: Okay.

BECKY: And Joe!

CINDY: Joe, come down! I'm sorry, out of the corner of my eye, I didn't see you.

PHIL: Well, you know, could we do one together? I mean, we used to -- I mean, I don't know. Sometimes we all --

CINDY: We're going to try it with Becky.

PHIL: Okay.

BECKY: All right, Joe, is there a situation?

JOE: The situation is this, you know. I've been dating you for the last six weeks, and we've been going every Friday and eating fish. And I don't like fish.

BECKY: Oh, okay. For six weeks, you said, okay. Six weeks.

CINDY: Time for a compromise.

BECKY: Yeah, I think that is. So, I like fish, is that it? Okay. And what is it that you like?

JOE: I just like any other kind of food except fish.

BECKY: Okay. So, what do you think would be the compromise?

JOE: Finding something else to eat on Friday nights.

CINDY: But you're going to have to come up with something here.

JOE: I suggest a compromise maybe we eat Mexican food one Friday, maybe Chinese

food another Friday, or Italian food some other Friday, you know.

BECKY: Okay, so maybe change it up a bit.

JOE: In other words, change it up a bit.

BECKY: Okay, as long as I get my fish in there, too. Okay, so change it up a bit.

CINDY: So you could go to a restaurant, too, that served fish and served other kinds of things, too, right?

JOE: Yeah, it could have a variety, a buffet place, you know.

BECKY: There you go.

CINDY: There you go, now we're moving along. Okay, good, good, good.

BECKY: All right. Um...

CINDY: So, people, focus, watch the steps.

BECKY: Okay.

CINDY: You ready?

JOE: Hi, Becky, how you doing, hon?

BECKY: I'm doing good, Joe.

JOE: You know, we been dating now for the last six weeks, you know, and every Friday, we've been going to eat fish dinners.

BECKY: Yeah, I love fish.

JOE: I know, but you know what? I want to be honest with you. I don't particularly like fish that much.

BECKY: You don't?!

JOE: No, I don't. I just kind of have been eating it, just, you know, kind of to impress you because I really care a lot about you.

BECKY: Well, thank you. But, you know what, I like fish, and I still want to go eat fish.

JOE: Well, you know, why don't we go to a buffet or something like that, you know, where they have a variety of food where you can have your fish and I can have my tacos and enchiladas. How's that?

BECKY: You know what? I like that because then you can eat what you want and I still get my fish.

JOE: Yeah, if you don't mind.

BECKY: No, why not? Let's try it.

JOE: Okay, thank you.

[Applause]

CINDY: Very nice! Very nice!

BECKY: Very smooth, Joe.

CINDY: Don, you could see, you had a good view. What did you think of step one?

DON: Step one is --

CINDY: Yeah, how did he do with expressing what he wanted?

DON: Well, he did... he was straightforward.

CINDY: Mm-hmm, mm-hmm.

DON: Let's see.

CINDY: How did you like his tone of voice?

DON: Oh, his tone of voice was excellent.

CINDY: Very pleasant. Very -- not argument-- "We have fish all the time!" But very pleasant.

DON: And he didn't...eliminate fish as a possibility completely. So, that left it open for possible compromise.

CINDY: Very nice.

PHIL: And he really let her know that, you know, he was tolerating the fish because he liked her. You know, and he wanted a change. You know, he said, "I want a change. You know, I've been there with you, but, come on, help me out here."

CINDY: So, you knew he was listening. How did you know he was listening to her point of view?

BECKY: Let's ask Garry.

CINDY: Yeah, Garry.

GARRY: She said...she was listening to what he, the man wanted to say wanting to say was about fishing.

CINDY: How do you know that Joe was listening to Becky's point of view?

GARRY: She answered his questions, the question about going fishing.

CINDY: Well, let's -- he said he wanted a certain food, and she wanted a certain food. And they came to a compromise. How do you know Joe was paying attention to Becky? Was he nodding?

GARRY: Yeah, he was nodding.

CINDY: And making eye contact?

GARRY: Yes, ma'am.

CINDY: Yeah!