

Group Session SST 7 Transcript

JOE: Now I want to change the whole scenario.

BECKY: Oh!

CINDY: This late in the game, okay.

JOE: Yeah, because this will be the last one, right?

CINDY: Keep it simple. What's it going to be?

JOE: It's about her driving.

BECKY: Uh-oh!

CINDY: Okay, what is it? What's your viewpoint? What is it?

JOE: You drive too fast.

BECKY: Okay.

JOE: You know, and I'm trying to explain to you that we have traffic laws in this city, and you have to, you know, go below 25 miles because I got this phobia about me.

BECKY: Okay.

CINDY: You know what? I think we're getting into making a complaint.

MAN: Yeah, okay.

BECKY: Which is in another skill.

CINDY: Let's come back to compromise and negotiation.

JOE: All right.

BECKY: Maybe I can make this a bit more difficult. Would that work?

CINDY: Yeah, because Joe's good. Make it a little tougher for him.

BECKY: So, let me make it challenging, the role-play. Let's stick with the fish dinner.

CINDY: This will be the last one, so we'll make it a little tougher. You can handle it, but you're still going to have to find a compromise even though she's going to be a little tougher.

BECKY: You might have to go back to this several times, okay? All right.

CINDY: Okay, everybody watching.

BECKY: Okay. Hi, Joe.

JOE: Hi, Becky. How you doing?

BECKY: I'm doing good. I can't wait for dinner.

JOE: I got something to tell you about dinner, you know, it's Friday, right? It seems like every Friday, we have fish for dinner. And I want to be honest with you, I really don't like fish.

BECKY: You don't like fish?!

JOE: No, I don't.

BECKY: Oh, it's my favorite dish -- I love fish. I love salmon with, you know, herbs and rice on the side. It's just -- I like it.

JOE: Oh, I can see that you like it, you know, and fish is really good for you, and the rice and the herbs and the vegetables. I enjoy the vegetables and the rice and the herbs, but, you know, I really don't like the fish.

BECKY: You don't?

JOE: For some reason or another, you know. Can I suggest, you know, that we go maybe to a buffet where they have various types of foods where you can have your fish and I can have what I like to eat?

BECKY: But we got to make sure this buffet has what I want, though.

JOE: Sure, I know of a place that's called Chinese Buffet, American and Chinese foods served. You know, I'm pretty sure they got seafood there, too. You know, and I've heard it's a very nice place.

BECKY: Hmm. Well, we could check it out and see.

JOE: Oh, I know you'd like it.

BECKY: [Laughing] Okay, stop. You're very convincing.

[Applause]

CINDY: He is very persuasive. What did you like about this one?

DON: I liked how he explained his position.

CINDY: Mm-hmm.

DON: And...waited till Becky was ready to hear it.

CINDY: Right. So, he was brief; he listened to her.

DON: Yes.

CINDY: He did, okay. How about you, Colin?

COLIN: I like Joe, anyway -- he's a really neat guy, you know. And I think his tone overall, he really didn't get all that much better from one to three because he was pretty good at it, number one. But I think he did all four of the steps individually this time. He didn't mash three and four together like he did the first time. And it came out really good.

CINDY: It was excellent.

COLIN: I mean, I'd go for a buffet with you, Joe.

[Laughter]

BECKY: So, he followed all four steps of the skill and it was flowing.

ALFRED: He been knowing her for a while, so he knew she would like this. So, that was a good compromise.

CINDY: Yeah, it was nice. It was very nice.

BECKY: Yeah, very good. I don't know if I made it that challenging. You were very convincing.

CINDY: Yeah, you really are.

BECKY: And you're so sweet, too. So, it's kind of --

ALFRED: And he did look into her eyes real good, too.

BECKY: So, good eye contact.

JOE: You got pretty eyes.

BECKY: Oh, well, thank you.

PHIL: The buffet is a good compromise because it doesn't restrict. Because it, you know, it really gives her some seafood choices, right, and fish choices.

CINDY: Right.

PHIL: And so, I mean, it would be different if he said, "Well, let's go to Outback this weekend. You can get something on the barbie there." You know, but this, you really have --

CINDY: It was a nice, it was a good compromise.

PHIL: It was a compromise that really favored her.

BECKY: And him.

PHIL: And gives him, you know, a first time no-fish only, and then you can work in some other things later, see.

CINDY: Nice job!

[Applause]

BECKY: Thanks, Joe.

PHIL: That's a good one.

CINDY: We're kind of getting close to time here.

CINDY: So, what I would like you guys to do -- these compromise and negotiation situations come up all the time in our lives. Maybe not exactly -- we did a lot about food today -- but they do come up a lot, and with different kinds of scenarios.

So, for homework, this is your assignment. Ooh, I saw that look! This is your challenge. Think about, you know, as the week goes on, think about this role-play when something comes up where somebody wants their way and maybe you have a different view and you're going to find a happy medium. Somebody you care about, somebody in your family. These things happen all the time.

And when we come back next week, I'm going to ask you to tell me how it worked -- if you were successful. So, how does that sound?

MAN: That sounds good.

CINDY: I know it's a challenge, but I know you're up to it.

KATE: Okay.

CINDY: Okay!

BECKY: Oh, we can't wait to hear it.

CINDY: Good job. Thank you.

BECKY: Thank you, everyone.

[Applause]

ALFRED: All right.

CINDY: Okay!

BELLACK: You'll know you're walking past an effective social skills training group room if, when you're outside the door, you'll hear people laughing and applauding, because it means that they're congratulating one another and they're having a good time.