



# THINGS IN COMMON

## *Purpose & Focus*

When we have a disagreement or misunderstanding with someone (or if they simply get on our nerves), we acknowledge our feelings and think of three things we have in common with that person.

Helps participants build framing, caring, and connecting skills.

## *Participants*

Any number of participants.

## *Time Allotment*

5 – 15 Minutes

## *Activity Level*

Low

## *Materials*

No materials required.

## *Preparations*

No preparation necessary.

## *Method*

- Think of someone whom you've had a disagreement with or who gets on your nerves.
- How do you feel about him or her? How do you think he or she feels about you?
- I bet you both have something in common. Quickly name three things you have in common.

## *Coaching Tips*

- Remind the participants that the people we love most might also be the ones who annoy us the most. This can be a remarkably helpful shift in perspective.
- The goal of this exercise is to help the participants broaden their perspectives, not to change the way they feel about a person they find difficult.
- Three Things in Common can easily morph into conversations that explore interdependence and how everything changes. Viewing actions through this theme is a powerful reminder that whatever is happening—good, bad, or neutral—is not entirely about them and will change.

