

# Positive and negative communication

## 3 steps to the activity realisation



### Step 1 – preparation phase

The participants get instructions written on cards and they are not allowed to show them to their partner.

### Step 2 – activity phase

All the pairs begin the role – play simultaneously.

Role – play cards:

A1: Talk to your partner about a simple daily issue that bothers you. It might be something easy and ordinary, but it bothers you.

A2: While your partner is talking to you, scratch your nose, take care of your hair, watch the time or do other things to irritate him/her, while saying „yes, yes, I understand...“

B1: Talk to your partner about an issue that bothers you. It might be something easy and ordinary, but it bothers you.

B2: Listen to your partner who is telling you something that bothers him or her. Describe a similar issue that preoccupies you but making it seem more important than his or hers.

C1: Talk to your partner about an issue that bothers you. It might be something easy and ordinary, but it bothers you.

C2: Listen to your partner showing with your attitude and your words that you hear and understand him / her.

### Step 3 – wrap up phase

After the role-plays, participants meet back in plenary and the debriefing starts.

One by one, the pairs talk about their experience according to the following questions:

- ✓ How was the communication between each other?
- ✓ Did they have the feeling that they were communicating?
- ✓ What made it easy and what difficult to communicate?
- ✓ Are these ways of communication similar to those that you use in your everyday life?
- ✓ To summarize the debriefing the facilitator asks several questions:
- ✓ What behavior made you feel good or bad?
- ✓ What behavior do you usually show?
- ✓ Do you think it is important that your opposite is feeling heard and understood?



Type of activity:  
Scenarios and discussion

Value of the activity:  
Issues addressed whit this activity are: positive and negative communication; empathy; relationship skills; listening skills



Timing:  
Up to 45 minutes



Other value case box components:  
Paper, pens, case cards with the different scenarios for role playing.

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...