

## Effective Responding Role–Play activity

In small groups of three, practice effective responding using the ten role–play topics in this activity.

**Step 1:** One person takes a turn as the speaker with the concern, the other is the responder. For 5 minutes the speaker shares concerns about one of the ten role–play situations. The responder uses effective responding skills with the speaker to evoke helpful resolutions to the concern. The third person is the observer of the interaction

**Step 2:** After the 5–minute role play is completed, the speaker spends 2 minutes giving feedback on the effectiveness on the responses. Then the third person who is the observer gives a 3 minute feedback to both the speaker and responder.

**Step 3:** After the first role–play and feedback session, switch roles until you have each role–played speaker and responder for all ten topics. Use the material on responding as a tool to make improvements in your responses and feedback.

### Ten responding role–play topics

You are concerned:

- About your inability to control your drinking (or drugs or gambling or eating or spending or sex or smoking or working behavior.
- Because you feel you are being unfairly judged by others.
- Because you do not sense a full commitment of your spouse to your marriage and to caring for your children.
- Because you feel like you are in a dead–end career.
- Because you are finding it increasingly difficult to control your temper both at home and at work.
- About the way you solve problems.
- About how much time and energy is required to get the support you need to work on your problems.
- About your health.
- About the behavior of your children both at home and at school.
- About your sense of loneliness and abandonment after you have had a fight with someone for whom you care.