



Who are you?

For groups of minimum 4 people
Min 30 minutes

The purpose of this exercise is to practice active listening and asking open and curious questions, and also to get to know each other better on a more deeper level by only asking things you are genuinely curious about.



Instructions:

Everyone pairs up (preferably with someone they don't know that well yet). Ask them to sit across from each other, get comfortable and figure out who has the largest ears.

"The person with the largest ears in every pair will be 'A', small ears will be 'B'".

"A goes first, and can ask ANY question of B they wish. The only rule is this: You have to be Genuinely Curious about their answer. So, no sleepwalking questions, like, "Where are you from?" unless you're Genuinely Curious about that answer.

"B's, you are allowing yourself to be impacted however you naturally are by their questions, and you can, like in everyday life, either answer, refuse to answer, or lie".

ROUND 1

"You will now get 4-10 minutes (choose depending on how much time you have) where A continually asks B any questions they're genuinely curious about."

ROUND 2

Interrupt everyone about 2-3 minutes in, and have B give A 30-60 seconds of feedback:

"B, share what you liked about A's questions so far, and any questions you wish A would've asked..."

After about 1,5 minutes of feedback...

"Ok, now A's, incorporate B's feedback into this next round of curiosity. Resume."

Continue for the rest of the time.

ROUND 3

When questions are complete:

"Ok, now A is going to complete 3 sentence stems for B. This is an opportunity to give back to B your experience of them, as a gift."

These are:

- 1) My first impression of you was....
- 2) The moment I felt the closest to you was....
- 3) What I really get about you is...

(Write these down or take them one at a time - at least 1 minute per stem.

ROUND 4

"Now it's time for B to share what they wish that A had really been 'gotten' about them, and share the ways they felt most deeply seen by A."

(Allow 1-2 minutes for this)

CHANGE PARTNERS

To make sure everyone gets to do both parts, have all A sit down and B stand up and find a new A. This time, B's are the one being curious and asking the questions, and A are the ones answering.