



## What's Your Story? Exercise for Interaction Styles and Warning Signs

When you create a Blueprint of We Collaboration Document you are sharing who you are, your preferences, what works best, what holds meaning for you.

Who you are in this very moment is a culmination of every experience you've ever encountered. These stories shape our opinions and desires, because of course we weren't born believing we had to have a boss we could trust or a spouse who would clean the house with us. At some point in time we were either taught to believe something, or a particular event persuaded us to see the world that way.

Sharing specific stories, both positive and challenging, of what got us here uncovers a great deal of information that you can transfer directly to your Blueprint of We. It will be useful in your Interaction Styles and Warning Signs, Custom Design, and Questions sections of the document.

1. **Start this exercise by creating 2 columns; one titled Positive and the other Challenging.**
2. **Make a list of 3 specific instances/stories that you've been in with people over the course of your life that were Positive experiences and a separate list of 3 specific instances/stories that were Challenging.** You don't have to write the stories, just jot down the keywords to help trigger the story in your mind. These stories might take place at home, work, in the community, etc. They could involve your parents, siblings, friends, co-workers, boss, neighbors, people you admire, people you've had difficulty with, etc. You might find that you have positive and challenging stories about the same person, which is fine.
  3. We will take 15 minutes to write this list of stories.
  4. When you're finished, **pair up with another participant**, preferably one you don't know well, or as well.
  5. Choose a story from your list to begin sharing with the other person.
6. **Alternate after each story** between Storyteller and Listener and Positive and Challenging.
7. **The Listener plays the role of journalist, taking short notes on the bits of the story that he/she believes could be useful to the Storyteller's current relationship(s).** You'll also find that listening to someone else's story often turns on a light bulb for your own document.
8. After each story, take a few moments to share insights and take further notes.
9. **It is often useful to ask the question "And that means that..." to uncover other layers of what a past experience tells us about who we are and what we need now.**
10. For example: The person tells you they had a business partner who needed to know everything they were up to every moment and it drove them crazy. You then ask the question "And that means that..." which might reveal that they prefer a great deal of autonomy to do their best work or that they would rather do a once daily check-in versus constant interruptions.
11. When you are finished we will get back together as a group.



Interaction Styles  
& Warning Signs