

Relationship Building Activities

Colors Activity - (Found at businessballs.com) Emotions and feelings within each of us are 'triggered' in different ways. We think differently and therefore see things differently. We often do not imagine that other people may see something quite differently to how we see the 'same' thing. Management and relationships, in work and outside of work too, depend heavily on our being able to understand the other person's view, and what causes it to be different to our own.

To illustrate this, and to explore how mental associations can 'colour' (US-English 'color') our worlds differently:

1. Close your eyes and imagine the days of the week
2. What colour is each day?
3. Write down the colour of each day

Review and compare people's different colour associations, and - where people consciously know and are willing to share their reasons/associations - review these differences too.

Note: If anyone sees all the days as the same color, or sees no colour association at all, or perhaps sees or senses a more powerful alternative association, then this is another equally worthy personal viewpoint and difference.

The days of the week are a simple fixed pattern. Yet we see them in different ways. It is easy to imagine the potential for far greater differences in the way we see more complex situations - like our work, our responsibilities and our relationships, etc. Human beings will never see things in exactly the same way - this is not the aim or work or life - instead the aim should be to understand each other's views far better, so that we can minimise conflict and maximise cooperation.