Perception Checking Role Play

1. Working with a partner, develop two scenes based on the same interpersonal situation. This will provide each of you the opportunity to reflect on how you feel as the speaker and the listener in each scenario. Yes, you have to do all three of them! Good practice 😊

- This morning, your boss told you that he or she wants to speak with you this afternoon and that you need to arrive at his or her office on time. You have been wondering what your boss meant by this and now you see an opportunity to ask them face to face.
- You found a bouquet of flowers at your doorstep this morning. The flowers came with no note. You have been crazed with curiosity about the flowers. Now you run into a colleague who, you believe has a crush on you.
- You just heard the end of a group conversation in which one of the participants concluded loudly, “That sounds like some people I know” and then looked quickly at you. Now that person is walking away from the group, toward you.

2. Reminder a complete perception check has three parts (See Pg.120).

1. A description of the behavior you noticed
2. At least two possible interpretations of the behavior
3. A request for clarification about how to interpret the behavior

A perception check might look something like this.

- I saw....I heard... (tell them what you observed using owned language. mention verbal and nonverbal observations)
- I am wondering if you are _____ or ______. (give at least 2 interpretations or inferences you made)
- What’s up? (ask for and really receive clarification)

Person A now reply then Switch A and B roles and repeat...