

A9. Acting Out the Passengers on the Bus Exercise

To begin this exercise, ask for volunteers:

- **One person needs to act as the driver (either Paul or George).** Have the group decide on the main passengers (for example, worry, paranoia, guilt, and so forth; thoughts like *I'm going crazy* or *I'm a bad father*) based on content from the video vignette.
- **Another three to four people need to act as passengers.** Ask for volunteers to play the role of the driver's passengers. Provide them with sticky notes with the label of their passenger, and remind them of the kinds of things each passenger would say (for example, Paul's "worry" passenger might talk about people recording him or trying to poison his food; George's "guilty" passenger might talk about him being a bad father who passed on his genes).
- **One person needs to act as the valued direction.** Ask the driver to identify the valued direction that the passengers are getting in the way of. Summarize this in one or two words on a large sheet of paper, and ask for a volunteer to hold this representation of the driver's valued direction.

Fight/Struggle Scenario

In this scenario, have the driver role-play driving the bus (walking around the room with the passengers following) and stopping to fight and struggle (for example, yelling at passengers, arguing with them). Have the passengers behave like passengers (hassling, cajoling, pleading, distracting). Do this for two to four minutes. After the exercise, do the following:

- **Ask for feedback from the bus driver:** How was it to struggle with the passengers? (The facilitator can suggest that no matter how much one argues and fights with passengers, nothing changes the quality of stuckness.)
- **Ask for feedback from the passengers:** Did they feel in control of the driver?
- **Ask for feedback from the values representative:** Did this volunteer feel connected with the bus driver or ignored?
- **Ask for feedback from the wider group:** What did group members notice as observers?

Giving-In Scenario

Ask the driver to again drive the bus, this time role-playing *giving in* to the passengers (for example, agreeing with what they say, trying to make peace with passengers by allowing them to dictate where the bus goes, and so on). Do this for two to four minutes. After the exercise, do the following:

- **Ask for feedback from the bus driver:** How was it to give in to the passengers? What was it like to let go of the steering wheel? Did it feel like the passengers were in control of the bus's direction? Reinforce the qualities that it may feel better in the short term, but at the cost of important life areas—that is, being stuck in another way.
- **Ask for feedback from the passengers:** Did they feel in control of the driver?
- **Ask for feedback from the values representative:** Did this person feel connected to the bus driver or ignored?
- **Ask for feedback from the wider group:** What did group members notice as observers?

Openness Scenario

Finally, ask the driver to practice an *openness* response (for example, using skills for noticing the passengers; thanking them for their comments; welcoming them on the bus; allowing them to be on the bus while steering it in a valued direction, with the passengers following behind saying or doing the things they usually say). Do this for two to four minutes. After the exercise, do the following:

- **Ask for feedback from the bus driver:** How was it to focus on your values and keep them in mind while the passengers were saying or doing all those things?
- **Ask for feedback from the passengers:** Did they still feel in control of the driver?
- **Ask for feedback from the values representative:** Did this person feel connected to the bus driver or ignored?
- **Ask for feedback from the wider group:** What did group members notice as observers?