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702 Working with People
LE4 – Triad Paper

In our first triad experience, it was easy for me to open up because I have a tendency to be comfortable with strangers, who I know are followers of Christ. I really appreciated the attention of both JB and Jasmine as it allowed me to go deeper knowing that they cared for me.

When I switched to the observer role, it was quite interesting. It almost reminded me of watching T.V. because I was on mute and didn't engage with the speaker. I observed some great qualities in Jasmine as the intent listener. She was making great eye contact while taking notes at the same time. She was making several head nods to validate JB even while she would look down at her note taking. She was leaning in towards the camera while matching facial expressions with smiles. She had compassion and concern in her face during JB's story about his father. She also gave a few "hmm hmms" to let him know that she was listening. She then gave a great summary followed up by a great opened ended question, leading to further discovery about his father. She really honored the experience and concluded with pointing J.B. toward God.

I felt self-conscious as the listener for many reasons. First, there was the pressure to ask the right questions. Second, I had to resist the temptation to try and fix the person. Third, it was difficult to just listen to understand instead of thinking about what to say to continue the conversation. I thought I was a good listener until this exercise however I'm grateful for this new insight of self-awareness.

A couple weeks removed from class and our triad met again on zoom. I thoroughly enjoyed seeing Jasmine and JB again. Jasmine and I were the only two on the zoom call for about 15 minutes before JB got on. We talked a little about the weather as an icebreaker, but then Jasmine got into her life story over the past two weeks. There has been a lot of difficult days for

her and her family, so I paid close attention and was genuinely interested in helping her process through the trials. I felt myself naturally asking good questions about her life and her loved ones which brought even more depth to her expressions. I was truly listening to understand the emotions she's been experiencing, with no fear of making sure I continue the conversation correctly. I was concerned for her and had the honor to pray over her after about 45 minutes of listening and questioning.

I felt like a counselor per se but also the thought crossed my mind that I wasn't qualified for this. I also found a lot of parallels in my own life from what she was sharing, which made it hard not to make it about me. This wasn't like the first session when we did triads, this was real life and real souls. I really appreciated how raw and trusting Jasmine was. Once JB joined the call about halfway through Jasmine's exploration of the past two weeks, Jasmine went even deeper into her story. I found this interesting that potentially having the attention of two of us, like the triad was meant to be, created a safer space for vulnerability.

JB was second to share how life had been going with him these past two weeks. I observed he was very tired, and his story lined up with the physical appearance. I observed that he has a tendency of smiling and laughing while discussing the difficult parts of his life. Could be some sort of defense mechanism so to not allow the unwanted emotions to stir up. Throughout his sharing, I felt the urge to point JB to possible solutions that could help the struggle he was facing. I was wondering if I should ask pointed questions so that he would figure out the answer for himself instead of me just suggesting a solution. I decided to continue to listen and observe until he was finished. Once he did, I couldn't resist my urge to try and point him to a possible solution, which in retrospect was not the wise approach. Jasmine stepped in and asked good questions to help JB dig deeper into his life. Triad to the rescue! I made it too much about me

and Jasmine refocused the conversation towards JB. She really has a talent for reflective listening. Jasmine then led us in a beautiful prayer for JB.

When it was my turn to share, I soberly talked about my current quiet time with the Lord and how special it has been hearing the Father speak His love for me through the Scriptures and in listening prayer. I've attempted to share this transformation with my family over the past week, but I could only scratch the surface of all that I was experiencing. This wasn't so with my triad. I was able to clearly dictate the emotions and renewal I was feeling, and it felt so amazing to be heard by Jasmine and JB. I realized that a lot of what I shared was what I wanted JB to hear because I felt like it was the solution to his problems. In reflection, I didn't have to fix JB in my initial response to him, but rather when it was my time to share, my words would hopefully be received by him indirectly. I was blessed by JB's prayer both in English and Korean.

I am so thankful that we are continuing our triad group bi-weekly. I had doubts early on that we would continue this work because we are from such different backgrounds. I repent from this judgement and I'm glad that those doubts have been erased by the loving attention we have given each other. My desire is to continue this kind of small group work with my community down here in South Carolina. It is time for me to lead the charge and apply what I've been learning from this class. I am super excited about renewal in my community by listening with compassion in order to help each other experience true life change.

Jasmine deserves an A+ for her listening skills and openness to share her most painful moments in life. Even with a slight language barrier, I would give JB an A for his wisdom and attention to what matters most in our stories.