

CD702: Working With People (Winterim 2023)

Professor: Dr. Martin Saunders

Program Director: Michelle Park

Charmaine Mendez

Date: March 4, 2023

The Triad Paper

My triads group consisted of me - Charmaine, Dale, and Phillip. Dale was the life of the triad group and even though he laughed and smiled a lot, he had a lot to unpack in his life. Phillip the youngest in his family but very responsible, being Korean, he stated he was responsible from a tender age, I think I believe I was the eldest in the group and I learned a lot from my brothers. Our triad group was open and transparent, at each triad we had to stop not that we were finished. We uncovered stuff never shared before, and sharing with each other helped immensely, each of us saw another side of our story we have never seen or thought about in the way it was revealed to each of us, whether by a question or statement made by the other person. If I could use one word to describe our triad group it would be **Intimate**. Things shared were intimately woven within us and we felt safe sharing with each other.

In our first triad I was the listener, Dale was the observer, and Joshua was the speaker. As I listened, myself and Dale observed that Phillip carries a lot of family responsibilities, he also acts as the older sibling, based on what he shared, being the only boy and was born from older parents, so he has that sense of responsibility for them. Dale observes Phillip's facial expressions when I ask him certain questions about him and his sibling, and gives insight into how it could be viewed from a better point of view. Dale is a very good observer of facial expressions and reactions. As Phillip shared about his sibling I realized a trigger went off in me because I had serious sibling issues too, I shared this in the group too. I asked a few questions necessary that led him to think and ponder differently the way he was viewing his sibling. For a few minutes the observer Dale and the speaker dialogue man to man, this was admirable.

Being the speaker I believed I poured out a lot and my two brothers allowed me to with open hearts and listening ears. Dale was the listener and Phillip was the observer. In my triad we allow the speaker to talk and relevant questions are asked and guidance given. Both Dale and Phillip were very good listeners, Phillip could relate to my situation and Dale being a little more mature in relating to people was astute in the way he did his questioning. Both my listener and observer gave wonderful advice and encouragement. It was not the very first time I shared my story, but it was the first time sharing it in a forum like this, I wrote about it in a course I did in prior semesters.

Being in the position of the observer you see a lot more. It was interesting for me to observe the listener and the speaker. I was very focused. Roles were shifted once again, Phillip was the listener and Dale was the speaker. Dale was being very vulnerable to us with something that happened nearly ten years ago, I asked the question, how does he feel about it now, but that was the very reason it was brought up. Myself and Phillip encouraged him and ask other questions too. We ended in prayer with some of our triads.

The eight triads we had we inculcated some of the discussion we had in class and it was refreshing to know how important the little things are, a small gesture can be insignificant to an individual while to another person it means so much to them. I have learned how vital it is to not be swift to judge another person but to be patient, listen , observe and learn. I learned a lot from class and the triads, I conclude with this, we were made for community.

