

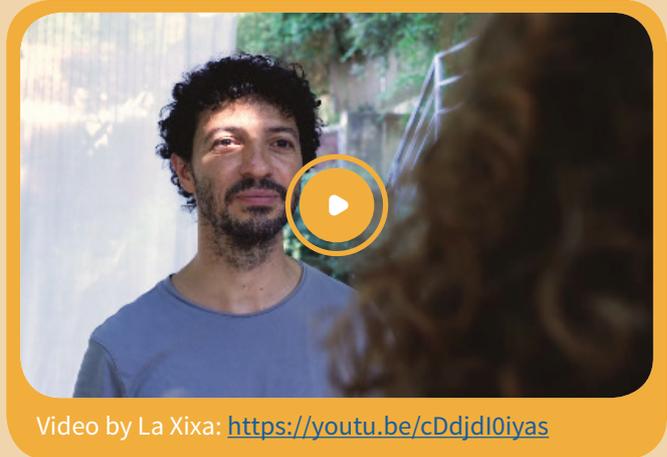
“WHAT BOTHERS ME”

Activity developed by: Associació La Xixa Teatre



OVERVIEW

Being able to recognise and address what bothers us in our relationships with others is an important social skill. In this activity we explore conscious and unconscious feelings of discomfort and redirect this energy to better connect with others.



Video by La Xixa: <https://youtu.be/cDjdl0iyas>

TIME



40 minutes

PARTICIPANTS



This activity is done in pairs with a minimum of 8 participants.

MATERIALS



None.

OBJECTIVES



- To gain awareness about our difficulties in relationships and what might bother us in others, and which aspects might be impacting our relationship in a conscious or unconscious way.
- To be able to address what bothers us without words, using only our bodies to explore this feeling.
- To turn a feeling of discomfort produced by others into a constructive and shared energy.
- To deal with feelings of discomfort in a non-verbal and non-aggressive way.
- To clear the field, which is to become aware of disturbing elements which are present in our relationship with others in order to process them.

STEP BY STEP INSTRUCTIONS



This exercise is done without talking. This exercise can be done online and in pairs, as well as offline keeping social distancing.

1. Walk around the room, focusing on breathing and entering a state of relaxation.
2. Give a signal to the group to stop walking and face a partner.
3. Ask each pair to take about 30 seconds to look and recognise each other.
4. Ask each pair to turn around, back to back without touching, and to close their eyes
5. With their eyes closed, each person will identify something about the other person they found bothersome. It can be a physical trait, an attitude, a memory that is sparked by that person, etc.
6. With this discomfort in mind, ask participants to make a movement with one of their hands that carries or expresses the essence/energy of what disturbed from the other person.

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7. When everyone is ready, ask them to turn around and face their partner while doing their hand movement. Take a moment to recognise the other person's movement.
8. Each person can explore their movement while interacting with the movement of the other person. Give time to interact until a choreography emerges, which incorporates both movements.
9. After some minutes, ask the group to sit in a circle to discuss how participants experienced the activity.

DISCUSSIONS



To take full advantage of this activity, it is important to engage in thoughtful conversation with participants about their experiences. Ask questions such as: “How do you feel?” “What was easy?” “What was difficult?” “What happens to us when we feel disturbed by others?” “How do we deal with this feeling of discomfort in a relationship?” “Are you afraid that your own feeling of discomfort can threaten the relationship?” “How can using our bodies, like we did in this activity, help us find alternative ways to relate to others?” “How can we redirect the energy of feeling disturbed into an energy that helps us connect with others?” “What is the social mandate regarding feelings of discomfort towards others?”

It is important to encourage the discussion from a personal point of view, where each person talks about their own feelings, and their own way of experiencing the activity, rather than generalising or giving advice. For example, if a participant says “when others disturb you, then you need to talk to them about it...” invite them to convert this to a personal statement: “When others disturb me, I like to talk to them about it.” Remind participants that what disturbs us from others is closely related to our own personal needs and desires. We can discover those needs and desires by exploring our feelings of discomfort, hence converting the energy that was blocking the relationship into self-knowledge, which can provide clues on how to improve our connection to others.

HINTS



- Participants might be reluctant to identify elements of discomfort in their partners. Invite them to relax and connect with their inner self, assuring a climate of safety.

THEORY



Mindell, A. (1992) *The Dreambody in Relationships*. Penguin Books Ltd.: New York.



INTIMACY,
RELATIONSHIPS &
IRIS INTERCULTURALITY
IN YOUTH WORK

<https://intimacycrosscultures.eu/>

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