

HONESTY AND SINCERITY



The Secret

Introduction

We make many decisions on a daily basis, and some of them are crucial and life changing. But sometimes we are directed to make decisions without having all necessary information, where either information is not shared or only partial information is shared with us. Such situations have the potential to cause manipulation and to be misled. Therefore, it is necessary to interject honesty to prevent such manipulation and deception.

The objective of this activity is to understand our mental and emotional reactions when the information is hidden from us.

Instructions

- The group is asked to sit in a closed circle.
- Two spoons are given to the group to pass around. Ensure that the two spoons are crossed when handing over the cutlery to the group.
- Request the participant to pass it around and comment 'Crossed' or 'Uncrossed' when they hand it over to the next person.
- All facilitators are required to observe quietly, and not interact with participants.
- Appoint a facilitator to comment throughout the activity using 'The Secret'.

***The Secret:** If the participant is seated crossed legged while passing the cutlery it is considered as a 'Crossed situation'. If the participant is not seated crossed legged while passing the cutlery it is considered as an 'Uncrossed situation'.*

- When a participant is passing the cutlery to the next participant the appointed facilitator is required to observe the legs in a subtle manner.
- The appointed facilitator is then required to comment as 'Correct' or 'Incorrect', and nothing else, by considering the below situations:
 - Correct - Participant is seated crossed legged, and comment as 'Crossed'
 - Correct - Participant is not seated crossed legged, and comment as 'Uncrossed'
 - Incorrect - Participant is seated crossed legged, and comment as 'Uncrossed'
 - Incorrect - Participant is not seated crossed legged, and comment as 'Crossed'

| | Comment | |
|--------------------|-----------|-----------|
| Seating Setting | Uncrossed | Crossed |
| Crossed legged | INCORRECT | CORRECT |
| Not crossed legged | CORRECT | INCORRECT |

- The group naturally thinks it is the cutlery that needs to be crossed, not the legs.
- After some time ask participants whether they have figured out the secret of the game.
- If they know it, ask them to raise their hand, but do not ask any further questions.
- Do the passing for several rounds so that participants would have enough time to figure out the secret.

Reflections

- How did the activity make you feel when you were unaware of 'The Secret'?
- Did anyone manage to figure out 'The Secret'? If so, what was it?
- Optional: How did you figure out 'The Secret' others failed to find? How did it make you feel when you had an exclusive piece of information others did not have? Did you share the secret? If so, why did you share? If not, why did not you share?
- In real life, have you faced a situation where you have not been granted with full information or been manipulated with misleading information? How did that make you feel?
- Optional: Do you think you have the right to receive fully honest information all the time?
- Optional: Can there be situations where it is best to not reveal fully honest information? If so, what are such examples?