

## True and False Exercise

Telling stories can be a great way to break down barriers, especially when we use our imagination to make things seem a little more interesting.

The steps in this team-building exercise are as follows:

1. Form the group into a circle.
2. Ask them to think of two interesting or unusual stories that happened in their lives that they wish to share. They can be funny, happy, or sad, but they must be true and not known by others in the room.
3. After being given a few minutes to think, ask each person to create a third story that is **not** true.
4. Once everyone is ready (with their two real and one fake stories), a random person is chosen and asked to share their stories – in any order.
5. Each story should sound credible. However, it may be fun to use misleading body language to mask which one is fake.
6. The goal of the listeners is to guess which of the three stories is not true. The more extraordinary the three stories, the less easy it is to guess the real one.
7. The leader should give a brief title to each of the three stories (such as *the lost luggage story*, etc.) and, saying them out loud, ask the rest of the group to vote with their hands which one is fake. People can record points of the number of correct answers, and a winner (or winners) recognized at the end.
8. Repeat around the circle until everyone has had their chance to reveal their stories.

Variations include having two fake stories and one real one, or one long story that starts true and the listeners guess when it starts to become fake.

If time is limited, or it needs to be quick to energize the group, it can be performed with two real and one fake personality traits.

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