

Building Dynamic Groups

Back to Back

Purpose: To have participants become aware of the need for eye contact in interpersonal communication.

Setting: Room enough for participants to sit on floor in pairs.

Procedure: 1. Have participants form dyads. Read the following mini-lecture to the group:

Sit back to back with your partner and begin to talk about something that happened to you lately - something that was a really good experience.

(Wait about one minute.)

Now, move about five feet away from your partner and continue talking.

2. After about 30 seconds, stop the conversations.

Processing: Ask the group members to share how this experience felt. How did it feel for them to share a good experience with someone who turned away from them? If the group members do not bring up the following points, discuss them with the group:

-How strong is the need for eye contact when talking with others?

-Did you find yourself missing the nonverbal gestures and facial expressions? Why?

-How easy was it to hear what your partner was saying?

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Back to back (Section 4 p.10). [Laser d.i.s.k.](#) Columbus, OH: Ohio State University Extension.