

AX·I·OM

/ˈæksēəm/

a statement or proposition which is regarded as being established, accepted, or self-evidently true



Yes, and...

One of the basic tenets of improv comedy is known as “Yes, and...” It’s a protocol that allows for anything to happen, and it goes like this: No matter what a fellow actor presents, instead of negating it, belittling it, or disagreeing with it, the job is to say, “Yes, and...” Accept the scenario as it’s presented (regardless of where we want it to go), and then to add to it. Volley back with something fellow players can respond to.

But what would happen if we applied “Yes, and...” to everything. How would it change things?

Consider this:

Letting go means less ego.

In meetings and team scenarios, we naturally want to hoard control. We care about being right. We think that saying “No” to others gives our own opinions weight. The practice of saying “Yes, and...” inserts a bit of distance between brain and ego, and helps hear other perspectives with openness.

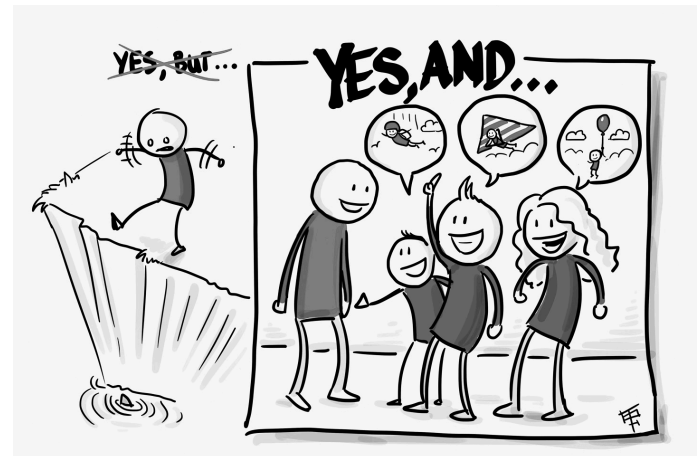
Once we change our
mindset to believe there
is no scarcity, we can
achieve anything
- Naveen Jain

Openness yields unintended and positive returns.

This type of open, positive approach to disagreement or conflict is a catalyst. It's amazing how people respond when we listen and give their opinions credence. It's a softening mechanism. It's such an easy thing to do, with big and unintended returns.

Each moment is a tiny explosion of possibility.

The practice of improvising life is a reminder that each moment is a tiny choice. There's possibility inherent in literally every single moment. It's intense. Those small moments add up to a lifetime.



“Yes, and” is more than just a concept to make an improv scene wonderful, it's a philosophy healthy for life.