It has become really important in all spheres of work to improve team cooperation and continuously improve the individual's collaboration skills. Google's project Aristotle sought to find out the right ingredients necessary for creating the perfect team. Though their top researchers were able to garner data. They weren't able to find any relevant pattern between the 180 teams they had studied over the course of the year instead established that certain unique norms were the leading source for group collaboration. Leading the researchers to believe that the right norms could build whereas the wrong norms would dismantle the team dynamics. They classified two behaviors which were dominant throughout all the successful teams. One was were everyone had equal opportunities to speak while the other was having high personal sensitivity. That it was these two behaviors that was able to create a psychological safety net conducive for great teamwork. One of Team managers that the researchers took was former SWAT operative Matt S. Matt's non technical background made him more attuned to the soft skills required for great functioning teams. Yet the recently new team he had under him failed to show any visible discontent amongst team members. Yet when put through a survey they showed a completely different picture. Matt's reaction to the results was that of shock. He decided a psychological experiment for bringing the group a lot stronger.