

Assignment G: Analyzing Thoughts and Feelings in a Conversation
MH 31, Spring 2020

20 points

In this paper you will analyze the thoughts and feelings of both speakers in a conversation and then write a short essay analyzing each speaker's deeper meanings.

Part I: The Conversation

1. Pick one conversation you have with someone - the more emotional, the better. The conversation must be in-person, videochat, or over the phone. No texting, IM, or other electronic communication is permitted.
2. After it is over, take time to record the conversation word-for-word. Include at least EIGHT (8) statements back and forth from the conversation (at least 4 from yourself and 4 from the other person).
3. Once the conversation is written down, go back and describe your internal dialogue (your thoughts and feelings) after each statement. Write it underneath each sentence in italics under *A*). Then analyze feelings related to the content under *B*).

Use this format (Look at the Sample on pages 2 & 3):

Other Person: "Statement"

A) My inner dialogue about this statement.

B) This person might feel _____ because _____.
emotion word facts and content of story

Me: "Statement"

A) My inner dialogue about this statement.

B) I feel _____ because _____.
emotion word facts and content of story

Part II: The Analysis

Answer the following questions with AT LEAST one paragraph (2-3 sentences) EACH.

1. What did you learn about the other person by doing this exercise?
2. What did you learn about yourself?
3. Identify one value, conflict, or core idea of each speaker.

Required: Spelling and Grammar DO count, Times New Roman 12-point Font, 1-inch margins,
Part I: Single-spaced with blank lines in between speakers, Part II: Double-spaced
MORE→

Sample
Analysis of Thoughts and Feelings in a Conversation

Me: (On the phone). “Hi Angela, do you have a minute? I need to talk to you.”

A) *I feel nervous. But I can't believe she bailed on child care for me.*

B) *I felt nervous about talking about this and I feel angry that Angela bailed on me.*

Angela: “Yes, I can talk. But I don't have anything more to say than I already did.”

A) *Why does she ALWAYS have to start off defensive??*

B) *Angela is probably feeling defensive because she doesn't want to hear anything else from me.*

Me: “I just, I thought we were friends! How could you leave me high and dry when you know I had no other options?”

A) *She does this all the time. She acts generous but then, bam. Her selfishness always wins.*

B) *I feel foolish for trusting she would actually follow through.*

Angela: “I know I said I'd take your son while you took your final exam but I got a call from my new job and I had to do a training with them that day.”

A) *Well, I get that her training was important. But I'm still skeptical.*

B) *Angela might feel scared because she doesn't know why I want to talk more.*

Me: “Ok. I hear that. But you told me the “earliest” they could train you was the morning of my class! Couldn't you have done it a different day?”

A) *I want to hang up and pretend everything is fine. But I'm still angry!*

B) *I feel angry because I want to know whether Angela could have taken a later training time instead.*

Angela: “Carolina, I don’t know what to tell you. This is very important to me. I did not want to put off starting work for a whole month. I did the training during your final because I would have had to wait so long.”

A) *She’s the one who is letting me down. Why is she acting like I’m asking too much?*

B) *Angela might feel defensive because I am asking her to explain herself and she doesn’t want to.*

Me: “Well, I didn’t know you would have had to wait a month. That sort of makes a difference. “

A) *Ok. She wasn’t just doing it on her timeline. She would have had to wait to start for a really long time.*

B) *I feel more relaxed because she told me she would have had to wait a month to start her job and I agree that would have been too big a sacrifice to make.*

Angela: “Ok.”

A) *She seems really distant.*

B) *Angela might feel exposed because she shared her thinking process with me.*