

PCE-2

COMM 495/595

“A good communication day”

According to Seligman (2002, p. 107) (relying on Bryant, 1989), “**savoring** . . . is awareness of pleasure and of the deliberate conscious attention to the experience of pleasure.” Examples of savoring (provided by these authors) include: savoring a moment of rest during a mountain climbing, savoring letters from a former class of children, and savoring poetry.

Seligman (2002, p. 108) reported there are “four kinds of savoring: *basking* (receiving praise and congratulations), *thanksgiving* (expressing gratitude for blessings), *marveling* (losing self in the wonder of the moment) and *luxuriating* (indulging the senses).” And, they offer five techniques that they argue promote savoring:

- Sharing with others (Recruiting another to share an experience, telling how much you value the moment)
- Memory-building (Take mental photos, mementos for future reminiscing)
- Self-congratulation (Tell yourself about how impressed others are)
- Sharpening perceptions (Focus on details of phenomena, as you would when tasting wine, viewing a painting, listening to music, etc.)
- Absorption (Get totally immersed and try to sense the process—avoid being reminded of other things, planning for a next move, etc.)

The general thrust of this work is that savoring slows down experiencing everyday life to allow for close examination, suspends focusing on the future or dwelling on the past, increases attention to fine details, and increases abilities to be fully-present in the moment, all of which helps promote a greater appreciation of everyday life.

Let’s begin to translate these ideas to the study of communication by means of an exercise that asks you to savor an episode of communication with another individual(s) and then write about the experience (within 2-3 typed pages).

Savoring communication means immersing ones’ self into the details of communication moments (e.g., subtle pitch and tone qualities of voice, qualities of facial cues, subtle body movements, present artifacts, scents, fine details of clothing, lighting, temperature, memorable expressions, etc.) and seeking to appreciate their qualities, as if they were a fine wine.

Evaluation—A good description of a savored communication episode should help the reader to also savor the experience (something to keeping mind while savoring and then developing a description of the episode for this paper.)

Citations:

Bryant, F. B. (1989). A four factor model of perceived control: Avoiding, coping, obtaining, and savoring. *Journal of Personality*, 57, 773-797.

Seligman, M. E. P. (2002). *Authentic happiness*. New York: Free Press.