

LISTENING DEEPLY



Quiz

SESSION & MEMORY MODE

# session or memory mode?

Read the following definitions and try to match each to its correct concept.

When you are in a listening session there will be two modes that will show up; **session mode** & **memory mode**.

Can you identify them?

Answers will show after each definition.

## session or memory mode?

Person's focus of attention is on the session and on you.

# session mode

The speaker will come and go from this mode as the session evolves.

## session or memory mode?

Person's mind has gone back to a past place & time.

# memory mode

Recounting context, thoughts, emotions of a strong memory.

Where you can access their interior cognition as they addressed the purpose.

# memory mode

Recounting context, thoughts, emotions of a strong memory.

## session or memory mode?

Great! you know the definitions.

Now flex your muscles and try some examples.

Answers will show after each of them.



## session or memory mode?

Listener: Wait, coughing?

Person: Yeah, a lot! It was just from the dust though. And the pile of wood chips was from a tree that had just been cut down, so it smelled... it felt like there were noxious fumes. It was a Sycamore tree, and we were all coughing from it, and wearing masks to keep the dust out. I looked up Sycamore later because I was a little worried the I'd inhaled something toxic. But no, it was okay. The search results said it isn't toxic. Just coughing for a day.

# session or memory mode?

memory mode



Listener: Wait, coughing? [more about that]

Person: Yeah, a lot! It was just from the dust though. And the pile of wood chips was from a tree that had just been cut down, so it smelled... it felt like there were noxious fumes. It was a Sycamore tree, [scene setting] and we were all coughing from it, and wearing masks to keep the dust out. [explanation] I looked up Sycamore later because I was a little worried the I'd inhaled something toxic. [emotional reaction] But no, it was okay. The search results said it isn't toxic. Just coughing for a day. [implied emotional reaction or implied inner thinking]

## session or memory mode?

Listener: And you said “drought ...”

Person: There is an el– wait, a “la niña” current in the ocean and it means we get less rainfall. We’re along the west coast, the Pacific Ocean, and all of us here are subject to these ocean currents. When there’s an “el niño” it’s a wet year for us. We are in a Mediterranean climate– that means we only get rain in the winter. No rain in the summer. Anyway, so we’ve had a “la niña” current for like three years now.

Listener: Oh no!

Person: So that means we’ve had to really be careful and reduce our water usage.

# session or memory mode?

neither mode



Listener: And you said “drought ...” [fill in the blank]

Person: There is an el– wait, a “la niña” current in the ocean and it means we get less rainfall. We’re along the west coast, the Pacific Ocean, and all of us here are subject to these ocean currents. When there’s an “el niño” it’s a wet year for us. We are in a Mediterranean climate– that means we only get rain in the winter. No rain in the summer. Anyway, so we’ve had a “la niña” current for like three years now. [explanation]

Listener: Oh no! [support]

Person: So that means we’ve had to really be careful and reduce our water usage. [explanation]

## session or memory mode?

Person: So how are the people who can't afford electric cars going to contribute to reducing carbon? I mean, electric cars are expensive. And this whole area is full of gardeners in their trucks, with their gas blowers, and everything!

Listener: Oh, right.

Person: The city council needs to make a tax for a fund to upgrade the gardeners' trucks and blowers.

Listener: That is a neat idea. How did you think of it?

Person: Oh, I was walking to the grocery store and went past the street where all the apartments are, and all the gardeners' trucks are parked. And it occurred to me that they could have a charging station there specifically for those gardeners...

# session or memory mode?

memory mode



Person: So how are the people who can't afford electric cars going to contribute to reducing carbon? I mean, electric cars are expensive. And this whole area is full of gardeners in their trucks, with their gas blowers, and everything!  
[generalized inner thinking]

Listener: Oh, right. [support]

Person: The city council needs to make a tax for a fund to upgrade the gardeners' trucks and blowers. [opinion]

Listener: That is a neat idea. [support] How did you think of it? [find the root]

Person: Oh, I was walking to the grocery store and went past the street where all the apartments are, and all the gardeners' trucks are parked. [scene setting] And it occurred to me that they could have a charging station there specifically for those gardeners ... [inner thinking]

## session or memory mode?

Person: ... and so the patients' habits are so strong, it interferes with the uptake of the physical therapy exercises.

Listener: What went through your mind?

Person: Uh, when? I can't talk about individual patients.

# session or memory mode?

session mode



Person: ... and so the patients' habits are so strong, it interferes with the uptake of the physical therapy exercises. [explanation]

Listener: What went through your mind? [asking for interior cognition]

Person: Uh, when? I can't talk about individual patients. [session mode]



