



Experience Sharing Communication

Heeral Sharma, April.2021

HappyOrange

www.MyHappyOrange.com



Having needs met

Instrumental Communication

Is about using others as an “Instrument” to get our needs met.

- Requesting
- Asking and answering questions
- Use Prescriptive, rule based language

Apes can learn to be proficient in Experience Sharing Communication.



Thinking and Feeling

Experience Sharing Communication

Is a product of what we are thinking and feeling in relation to what our partner is thinking and feeling.

Babies learn experience sharing around 12 months of age.



How did you see it?
How did I see it?

A Dynamic Process

Ability to **compare, contrast and integrate** our diverse subjective experience.

Integrate something from your mind and something from my mind.



Simultaneous Integration

Building a mental bridge between your mind and my mind.

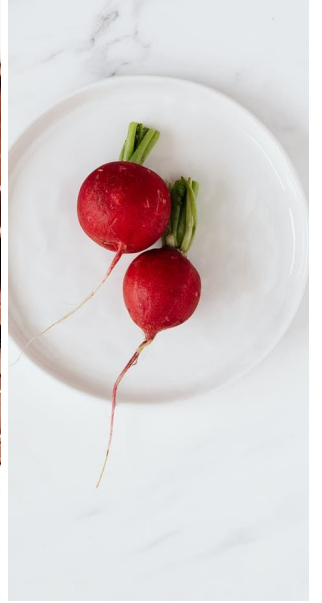
Experience Sharing Communication Involves our Senses

Sharing how we SMELL the world



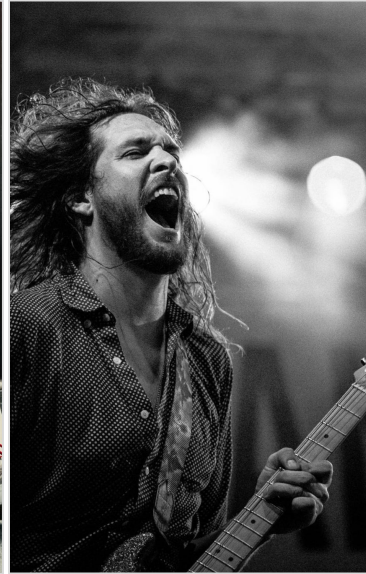
Soothing, Relaxing, Calming, Sweet, Tangy, Floral, Clean, Heavenly, Fresh, Exotic, Devine, Delicious

Sharing how we TASTE the world



Delicious, Sharp, Sweet, Sour, Tangy, Bitter, Moist, Dry, Bland, Greasy, Crunchy

Sharing how we HEAR the world



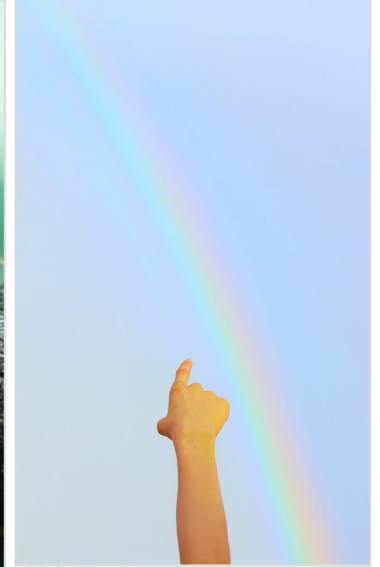
Soothing, Relaxing, Calming, Fun, Peppy, Enjoyable, Boring, Loud, Melodic, Pure, Rich

Sharing how we TOUCH our world



Rough, Soft, Interesting, Smooth, Wet, Dry, Coarse, Sticky, Guey, Slimey, Bumpy, Chilly, Slippery, Silky

Sharing how we SEE the world



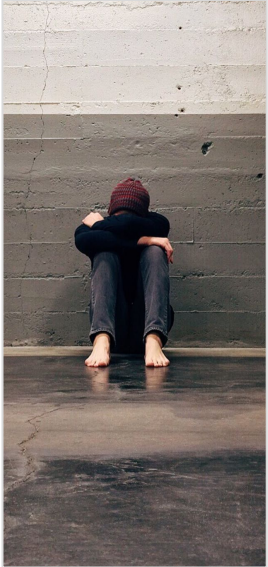
Lovely, Beautiful, Interesting, Colorful, Dull, Boring, Co-ordinated, Random, Amazing, Tiny, Huge

Experience Sharing Communication
Involves How We Feel

Feeling Angry, Mad, Frustrated



Feeling Sad, Lonely, Tired, Exhausted



Feeling Nervous, Anxious, Worried, Scared



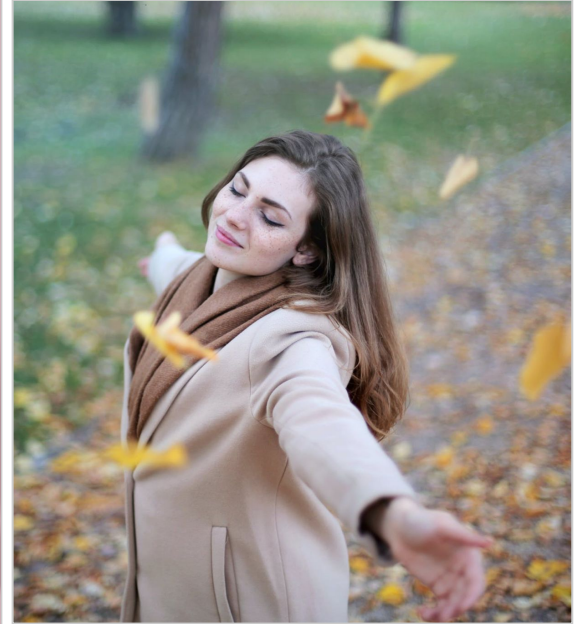
Feeling Shocked, Disgusted



Feeling Joyful, Happy, Elated, Excited, Accomplished



Feeling Calm, Relaxed, Peaceful



Experience Sharing Communication
Involves our Thoughts and Ideas
Collaborate, Compare, Contrast and Integrate

Integrating “What you see” + “What I see”

Compare, Contrast



Integrating “What you Think” + “What I Think”

Collaborating



Multi-modal

Involves Gestures, Language, Vocal Prosody, Spatial Distance and Posture



Involves Understanding the Grey Area

Comprehension cannot be judged in an absolute “yes” or “no” manner, but rather on a “sufficiency” or “good-enough” basis.



Messy and Inaccurate

Misunderstandings, Breakdowns and Repairs are regularly expected.



Experience Sharing Opportunities

Food: See, Smell, Taste, Texture, Feel

Sharing our Experience



Outdoors: See, Smell, Feel

Sharing our Experience



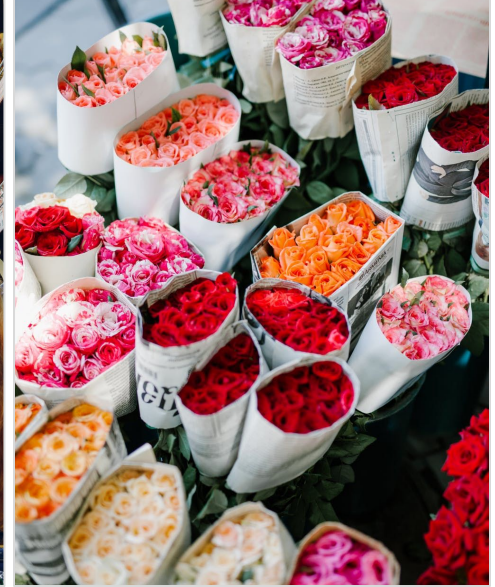
Shopping: Texture, Patterns, Touch, Feel

Sharing our Experience



Shopping: Smell, Touch, Feel, Taste

Sharing our Experience



Be Creative.

You can use Experience Sharing Communication
in all aspects of life.