**GOING FLAT-FACE**

**DUE: April 18, start of class—OR SOONER!**

EXTRA CREDIT: Two points toward total course grade

ASSIGNMENT: Emotions are a natural part of our communication with others. Or are they? In this task you will see how NOT EXPRESSING emotions affects social interactions. Your job will be to:

1. FLAT FACE IN PERSON: Have a conversation in person with a friend, but show no emotion. Show no emotion in your face, in your voice, or in your posture or movements. Be a zombie. Do this for at least 2 minutes but see how long you can sustain it. Note how this makes you feel, and note how it seems to affect your friend. Note how long, in minutes, you can sustain this flat face demeanor. Note that “friend” can be anyone you know well and are on good terms with. You can do this remotely on skype, iPhone, or other such platform.

2. FLAT FACE ON THE PHONE: This is exactly the same as “In Person”, except do this on the phone, with no visual—voice only, and with a different person. Again, note how this makes you feel, how it affects your friend, and how long (in minutes) you can sustain it.

3. YOUR PARTNER’S EXPERIENCE: After going flat face, tell your partner what you were doing and why, and ask them how the “flat face” episode felt.

4. WRITE-UP: Provide a 1-2 page summary of your experience, addressing the following for each encounter (in person, on the phone):

a. BACKGROUND: Who was the person you, what was the situation, and nature of conversation. DO NOT reveal anything personal; just supply general background information (e.g., “It was my roommate, talking about summer plan, on way to dinner”).

b. YOUR INNER EXPERIENCE: How did each encounter make you feel? How hard was it to go neutral and flat face (or flat voice)?

c. YOUR SOCIAL EXPERIENCE: How long before friend noticed your demeanor? How did flat face affect conversation?

d. PHONE VS. IN PERSON: Was there a difference in doing this on phone versus in person? How so? What does this difference indicate?

e. RELATION TO CLASS MATERIAL: How does going neutral relate to any material we covered in class thus far? Provide at least two connections to class material.

f. GENERAL COMMENTS: Your general impressions, ideas, comments about this experience.

g. BACKGROUND QUESTIONS: Complete the background questions on next page.

WRITE UP INSTRUCTIONS: 1-2 pages, double space, 1 inch margins. MAKE SURE TO PUT YOUR NAME ON YOUR WRITE UP!

**BACKGROUND QUESTIONS**

YOU: Gender: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE Age: \_\_\_\_\_\_\_\_

FACE TO FACE FRIEND:

Your Friend: \_\_\_\_ MALE \_\_\_\_\_ FEMALE Age: \_\_\_\_\_

Your relation to friend: \_\_\_\_\_ Good Friend \_\_\_\_\_ Roommate \_\_\_\_\_ Romantic Partner

\_\_\_\_\_ Sibling \_\_\_\_\_ Parent \_\_\_\_\_ Other family

\_\_\_\_\_ Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE FRIEND:

Your Friend: \_\_\_\_ MALE \_\_\_\_\_ FEMALE Age: \_\_\_\_\_

Your relation to friend: \_\_\_\_\_ Good Friend \_\_\_\_\_ Roommate \_\_\_\_\_ Romantic Partner

\_\_\_\_\_ Sibling \_\_\_\_\_ Parent \_\_\_\_\_ Other family

\_\_\_\_\_ Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**YOUR OWN EXPERIENCE GOING FLAT FACE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **YOU MAY WANT TO USE THESE QUESTIONS AS PART OF YOUR WRITE-UP.** | Not At All | Very Little | Somewhat | A Lot | A Great Degree |
| 1. How hard was it going “flat face” in person? | 1 | 2 | 3 | 4 | 5 |
| 2. How hard was it going “flat face” on the phone? | 1 | 2 | 3 | 4 | 5 |
| 3. To what degree did your “face-to-face” person notice you went flat face? | 1 | 2 | 3 | 4 | 5 |
| 4. To what degree did your “phone person” notice you went flat face? | 1 | 2 | 3 | 4 | 5 |
| 5. How much did you dislike going flat face? | 1 | 2 | 3 | 4 | 5 |
| 6. How much did you enjoy going flat face? | 1 | 2 | 3 | 4 | 5 |
| 7. To what degree did your own reactions to going flat face surprise you? | 1 | 2 | 3 | 4 | 5 |
| 8. To what degree did your partner’s response to your going flat face surprise you? | 1 | 2 | 3 | 4 | 5 |
| 9. Are you an outgoing, extroverted person? | 1 | 2 | 3 | 4 | 5 |
| 10. Are you a reserved, introverted person? | 1 | 2 | 3 | 4 | 5 |
| 11. Are you a generally confident person? | 1 | 2 | 3 | 4 | 5 |