

*'A Description of the Emotional Labour I Carried Out During Our Conversation'*

*Sound, duration: 2:41 minutes*

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A description of the emotional labour I carried out during our conversation, in which you spoke 95% of the time.

At first I presumed I was comfortable but I realised that this was not the case. I began to panic quite quickly noticing your lack of reciprocal interest and the longevity of each of your answers to my questions. Your sentences began to feel like they had no end in sight, rolling atop each new line of thought, creasing elegantly into each other. During which I analysed your expression of emotion in them and your body language. As well as your suppression of emotions that I could feel on the tips of your use of emphasis and exclamations, but were not outright expressed to me.

You were combining factual knowledge with your lived experiences, explaining to me an idea you had had recently. We then moved on to your current research, conceptual goals and pathways for the future. I nodded amicably and made a series of head tilts and convincing facial expressions to portray, although contrived, my comfort, working hard to ask questions that suited the tone, speed and current intimacy of the conversation.

I then suppressed, or expressed, depending on your emotional responses to my questions and expressions, and my own perceived expectations of you from them, a thoughtfully desired verbal reaction to your statements. While slowly but cautiously attempting to end our interaction in a thoughtful manner, I exclaimed that it was as pleasant as ever to catch up with you and left you in a state of feeling supported, comfortable and listened to.