

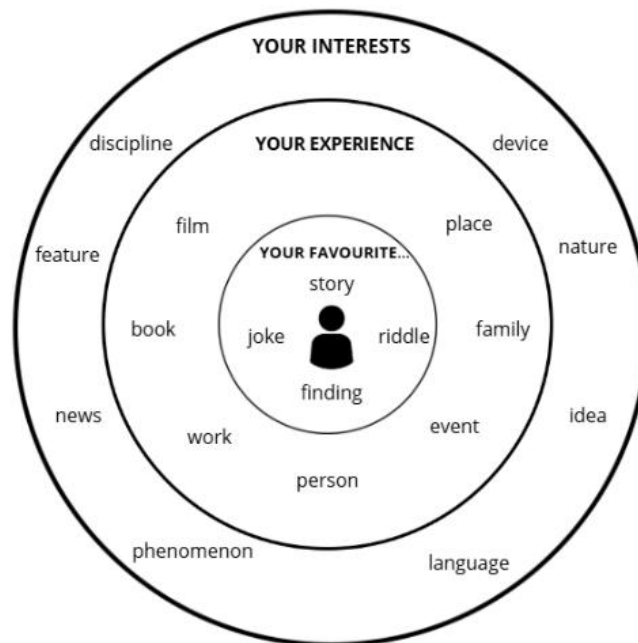
SENSE. A VERBAL TREAT IS A SPOKEN PIECE THAT TAKES ROUGHLY UP TO 2-3 MINUTES TO DELIVER.

There are some typical situations in which people tend to deliver verbal treats (without knowing it), e.g.

- when they gather at a table on any type of social occasion (be it a family meet-up, a company integration dinner, a birthday party, or a wedding reception) and they come up with content that might be of interest to the people sitting beside them or at the other side of the table;
- when students return home and they are asked by their parents “What have you learnt today?”, when, if they choose to reach beyond “Nothing new” or “Nothing really interesting”, they briefly reflect on an issue studied on a given day which is easily presentable and worth sharing.

COLLECTION. EVERYONE HAS A REPERTOIRE OF (REPEATED) SPOKEN PIECES USED AS VERBAL TREATS.

They can be easily classified as relating to different spheres of life, which can help you organise them all:



The expansion of your repertoire can proceed along three steps: (1) specify YOUR FAVOURITES (that is stories, jokes, etc. you deliver most often), (2) collect those which result from YOUR EXPERIENCE (such as short accounts of films, books, unusual events, etc.), and (3) enrich the set with pieces to do with YOUR INTERESTS (on different levels, that is to do with a given discipline, special news, ideas, phenomena etc.)

FUNCTIONS. COLLECTING ONE'S OWN SET OF VERBAL TREATS OFFERS NUMEROUS ADVANTAGES.

Different benefits result from the fact that verbal treats fulfil diversified functions, including:

- social purposes – by serving as pieces to be delivered on different social occasions,
- educational purposes – by favouring such learning that is based on one's active knowledge,
- personal purposes – by developing your awareness of the content you can speak about,
- professional purposes – by providing you with a tool to be actively applied at work.

FOUNDATIONS. VERBAL TREATS REST ON THE IDEA OF WELL-INTENDED SPOKEN TRANSACTIONS.

They are derived from Erich Berne's notion of strokes referring to simplest units of interpersonal interactions (which take place when, for example, people exchange 'Hello' or 'Nice to see you' when seeing each other),

Verbal treats differ from strokes on four levels:

- their STATUS: verbal treats are OPTIONAL (as opposed to strokes, which are more obligatory). When a person delivers a verbal treat, you can, but you do not have to, present yours in return,
- their PRESENCE: verbal treats are EXPLICIT (as opposed to implicit strokes). They are often preceded by introductory sentences such as "I'll tell you a story" or "I've heard a very nice joke recently",
- their LENGTH: solid verbal treats take MINUTES (as opposed to strokes lasting seconds). As a result, they are paid lots of attention to as they are not automatic but, instead, concentrated on,
- their BOUNDARIES: the frames of verbal treats are more structural (as opposed to the functional/semantic boundaries of strokes). They take the form of entire texts with complete sentences.