



Resources and Definitions

Communication Savoring:

The process of mindfully attending to pleasurable or meaningful social interaction in real, remembered, or anticipated/imagined encounters and enhancing or prolonging the positive affect (Pitts, 2019, p. 254)

Seven Categories of Communication Savoring (see Table below; Pitts, 2019):

Table 3. Communication Savoring Typology.

Communication Savoring Type	Working Definition
Aesthetic communication	An appreciation of the beauty and playfulness of language as demonstrated in colorful language, strategic use of timing, surprising elements, and delight in the ability for language to move people.
Communication presence	Pleasure derived from mutually, genuinely, and wholly attending to the communicative moment, often resulting in the lack of awareness of time, pressures, or the presence of others, and feelings of intense connectivity.
Nonverbal communication	Taking delight in messages that are communicated through means other than talk, including intimate touch, vocal warmth, smiling and eye gaze, and the environmental context in which communication occurs.
Recognition and acknowledgment	Deriving pleasure from sending or receiving praise or recognition that acknowledges and honors an individual or group.
Relational communication	Finding pleasure in communication that moved a relationship toward greater intimacy or better understanding, often through interpersonal disclosure.
Extraordinary communication	Recognizing and appreciating “landmark” communication events or moments that are unique, special, or novel.
Implicitly shared communication	The perception that one is having the same pleasurable experience as another and deriving pleasure from the unspoken mutual agreement.
Total	

Note. On average, I coded two separate communication savoring types in each narrative.



References

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