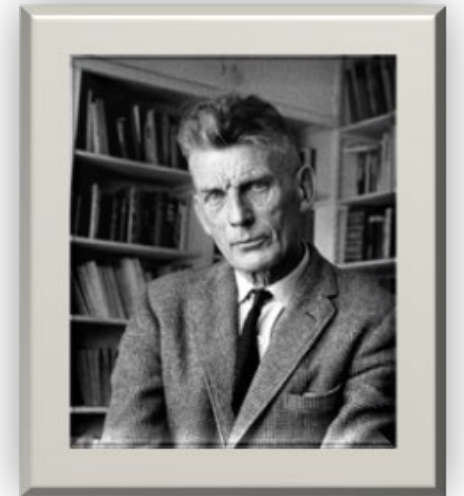
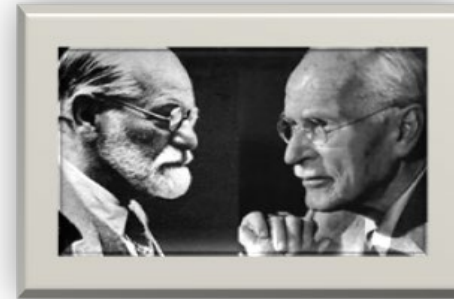


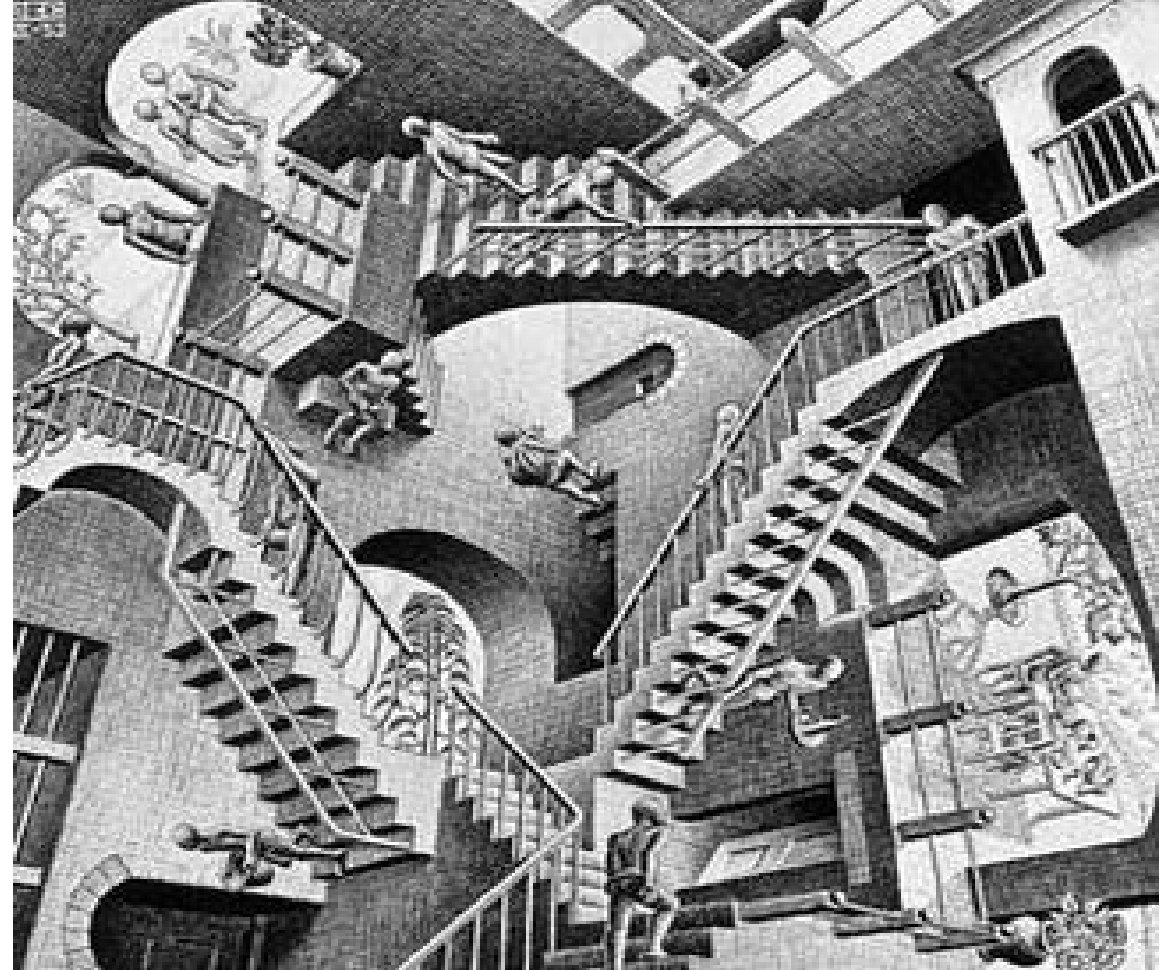
Monologues and the Self

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Introduction: Exploring the Self

- The art of expression and the monologue
- Merge the theories of psychology and the theater
- Incorporation and the correct setting.
- The picture of M.C. Escher's, *Relativity* (1953)
- Note the illustration

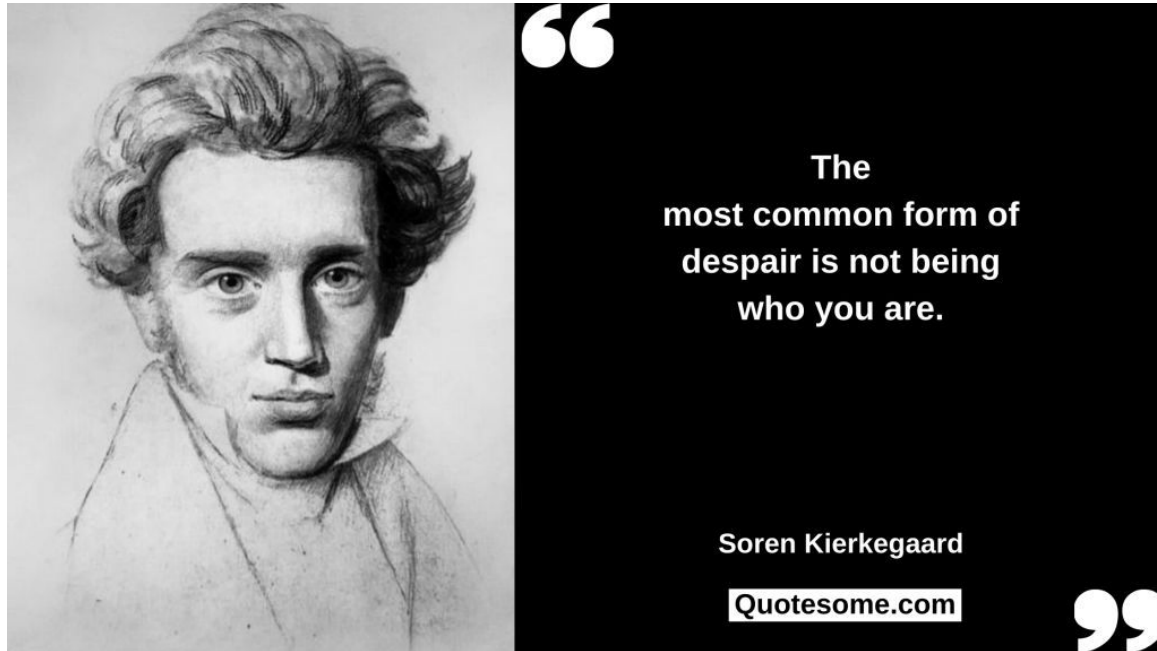


Fusioning Two Disciplines



- An analysis of interpretation
- Unfold how certain moods
- Somers (2009)
- The researcher's presupposition
- The purpose of the study

Subjective Monologues versus Established Monologues



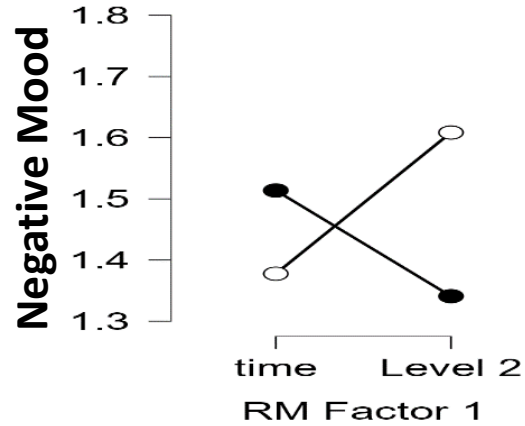
- Defining the terms subjective and established as it relates to this study
- The subjective monologue
- The established monologue
- The hypothesis
- Soren Kierkegaard

Endgame: the Procedure

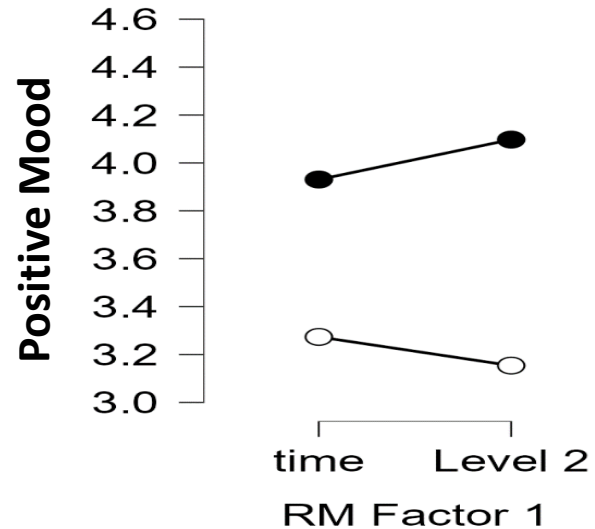
- Randomly assigned to either:
 - The Subjective Group
 - The Established Group
- Mood measured by PANAS (Positive & Negative Affect Schedule)
- Both groups were given pre-tests and post-tests to evaluate any changes in mood.
- Following scenario:
 - *You are living in a desolate environment. Your house is unlivable, your grandparents are confined to garbage bins, and your father is confined to a chair and demands you stay within a meager existence. The outside world is a void, but if you choose to embrace the world you will be free and unshackled by the confines of your home. Which direction do you choose: to stay or to go?*



Results: a Foundation, a Hypothesis, a Trend.



Monologue Condition
○ Established
● Subjective



Monologue Condition
○ Established
● Subjective

Discussion: Notes on Subjectivity

- Another explanation: relying on one's experience
- Relevant, real-life experiences
- Positive affects decreased



Strengths and Limitations

- Gericault's painting, *The Raft of Medusa*
- There are many strengths associated with subjectivity:
- Examples range from individuals exploring spiritual growth to educational institutions understanding a targeted population
- The limitations ranged from a time element and random assignment



Conclusion: My Existence is my Message



- Marshall McLuhan, “The medium is the message.”
- The concept of “I”
- The individual has autonomy, empowerment, and resilience.
- Therefore, a revised version of Dr. McLuhan’s statement for the 21st century will read: *My existence is my message.*

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