



How to Use LUFU in a Conversation

Alexi:

Hi, Morgan.

Morgan:

Hey, Alexi. How's it going?

Alexi:

Pretty good. How are you?

Morgan:

It's been a long day. So you know that the storm last night, right? The big storm that happened?

Alexi:

Yeah. Oh yeah.

Morgan:

Yeah. And then when the power went out, it was—

Alexi:

Oh my God. When the power went out, I lost everything—

Morgan:

I was walking down the stairs and—

Alexi:

It was crazy.

Morgan:

The dog was at the bottom.

Alexi:

I opened my fridge and I lost—actually, all my food. All of it.

Morgan:

Really? All of it? Really?

Alexi:

All of my food.

Morgan:

Really? Can I just bring something up? I'm feeling awkward, but do you have a minute just to talk about something that's coming up every time right now for me with you?

Alexi:

Sure. Yeah, sounds serious.

Morgan:

Well, I'm a little activated. Little charged around, I'm trying to tell you a story, and every time I tell you a story—and I've noticed this before, when we're with a group of friends, when I start talking, it's like... I don't know if you're comparing things, whatever's going on, but every time that I'm talking, you seem to be all of a sudden kind of taking over. Almost taking my experience and talking for me. You're interrupting a lot, and just comparing and not really letting me finish.

Alexi:

So ... Okay. Wow. So this feels big and it feels like it's been going on a while. So what you're saying is I interrupt you when we're talking and...

Morgan:

Kind of, yeah.

Alexi:

How does that feel for you to be interrupted like that?

Morgan:

Thank you. You know what? Actually, what's coming up right now is...and this is what I've been meaning to say is... but I didn't really want to say it in the moment because I'm coming across as like... I don't want to start something right there, but I feel small. I don't feel seen.

Alexi:

Whoa.

Morgan:

I feel disregarded and kind of like one up and compared to a lot.

Alexi:

Wow. Yeah. That makes sense that you feel small. It's almost like I'm upstaging you. Is that how it feels?

Morgan:

Yeah. Yeah, that's it. Yeah.

Alexi:

I actually think that I do that. I think you're actually right. So my part is when you try to say something, I jump in, sort of upstage you. The impact of that is you feeling small and not seen or heard.

Morgan:

Yeah, and I feel like there's not enough time for appreciation and space in the conversation. And I care about our friendship and I really wanted to let you know this, and it just seemed appropriate because as we were talking about the storm...

Alexi:

Yeah, I totally just did that.

Morgan:

Yeah. And I didn't get to finish my story, but I wanted to really quickly. When I was going down the stairs and the lights went off, I didn't just fall over the dog. I missed a step completely and ended up going to the hospital.

Alexi:

What? Oh my God.

Morgan:

Yeah, I know. It's been a long day. Yeah.

Alexi:

Ow.

Morgan:

I'm okay, I'm okay.

Alexi:

It's okay?

Morgan:

Yeah. Yeah, I'm okay. Thanks.

Alexi:

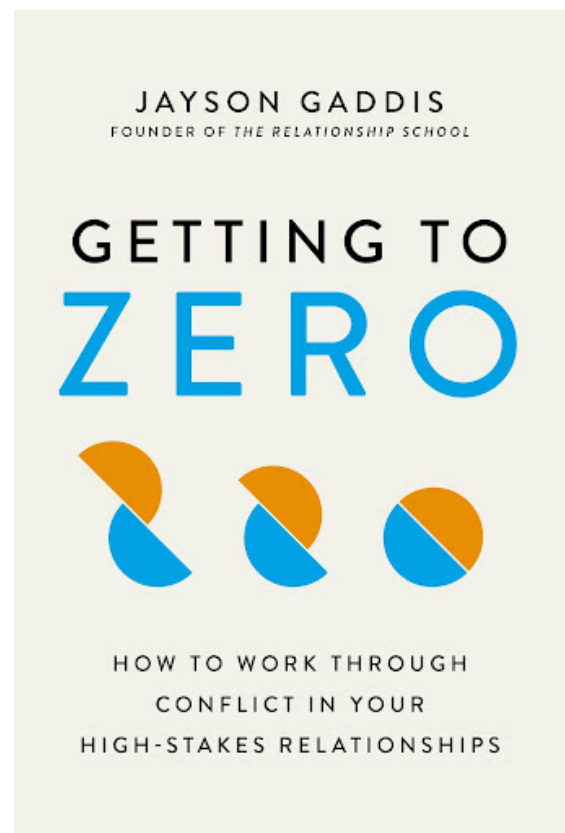
Wow. Yeah.

Morgan:

I got to tell you the rest of the story.

Alexi:

I'm so glad that we're having this conversation. Oh yes. I totally do that. I don't know why I do that. That's a problem. I need to work on that and figure that out. And yeah, our



dynamic—you're right. That makes sense. Our dynamic's totally off. And yeah, I'm going to do something about that. And I'm sorry about your wrist, and I'm sorry I didn't hear you or see you.

Morgan:

No, I feel there's more clarity here. Yeah.

Alexi:

Good.

Morgan:

And that you do see me now. Yeah. Thank you.

Alexi:

This actually feels good. Yeah. How are you feeling now?

Morgan:

Good. Good. I feel like you're listening to me now and I feel like you get it.

Alexi:

Yeah. Yeah. Oh, thank you. Is there anything else there? Does that feel complete for you?

Morgan:

Yeah, I think that if it does happen again, is it okay if I bring it up a little bit? Like, "Hey." Share my feelings more in the moment? Yeah? Okay.

Alexi:

Yeah, yeah. Totally. Maybe we can even have a signal, because yeah. I imagine we'll be clunky at first.

Morgan:

Like, "Hey."

Alexi:

Yeah. I'm going to work on that. Yeah. Thank you so much. Wow.

Morgan:

Thanks, Alexi. I appreciate it.

Alexi:

Good chat.

Morgan:

Yeah.