TITLE: HOW TO COMMUNICATE NEGATIVE NONVERBAL MESSAGES

00:00 [ERIKA and ANARIDIA speak over Skype.]

00:01 **ERIKA**: (laughing) …no kidding! I like that. (shifting gears, enthused) …And you know, that's what I really like about Amy. She's good like that. For instance, yesterday were having lunch in that place over on Main, you know the one, right?

00:15 **ANARIDIA**: (becomes apathetic at mention of AMY’s name.) Yeah.

00:16 **ERIKA**: Anyways, Amy was talking about her boss, who then walked in! He looked over at us sitting there and…

00:24 [ERIKA pauses after ANARIDIA rolls her eyes and looks away from the camera.]

00:27 **ANARIDIA**: What?

00:28 **ERIKA**: (hesitant and concerned) Well. . . It's just that while I was talking about Amy, I thought I saw you frown, roll your eyes, and look down. I get the impression I've been talking too much about Amy. Is it a problem or do you have to go someplace right now?

00:49 **ANARIDIA**: (dispirited) Oh…

00:51 **ERIKA**: (kindly and with concern) I respect you and your opinion enormously, so I’m concerned that it might have been in response to something I was sharing with you. Were the behaviors I noticed because of something I was saying or something else entirely?

01:04 **ANARIDIA**: (perkier, realizing that she hurt her friend’s feelings) Hey, I'm glad for you and Amy. That's great. Seriously. I didn't mean to be rude. I just wish things were going better for me right now. It’s hard to see how happy everyone else is.

01:20 **ERIKA**: (sympathetic) Okay. Well thanks. (brightening) How about we talk about what time you might be coming in this weekend? If you come in early enough maybe we could, do a little shopping…

01:35 [Scene fades and the conversation shifts to weekend plans and away from the new romance.]