

## QWERTY

### A Slow Communication Manifesto

- Because communication technology continue to supply more ways to rapidly connect people,
- Because the complexity, speed, and ubiquity of these tools are ever increasing,
- Because there exists in the culture a growing expectation for immediate responsiveness and always-connectedness,
- Because more and more of our memories and consciousness are becoming located outside our organic minds,
- Because expression and communication are becoming evermore predetermined by database fields, templates and standards,
- And because the defining lines between media receiver and producer are falling away...

We offer this manifesto for slow communication. This document is intended to serve as a guide for anyone who seeks insight and balance in their communication habits. With this manifesto we intend to:

- + Continually strive to improve our communication skill
- + Take pause and breath before responding to synchronous messages
- + Allow ourselves the freedom to respond to asynchronous messages in our own preferred timeframe
- + Allow ourselves time to draft, re-draft, think and re-think any communication before sending
- + Make efforts to understand inherent and apparent bias or judgement embedded in any message we send or receive
- + Continually observe our posture, expression, muscle tension, and breath while communication is taking place
- + Meet in person when possible and make eye contact during verbal communication
- + Engage in non database or template creative activity
- + Take short or long term breaks from any or all rapid communications.

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