

Test Anxiety – Coping

- Anxiety: Anticipating a loss of control
 - Detrimental coping mechanisms (procrastination, anxiety loop (intrusive thoughts), opting out of experience equal predictable future.
 - We can find better tools to utilize than what we've used in the past.
- PERSPECTIVE
 - Perception of any situation is the framework for how you process that situation
- PREPARATION
 - Most situations can be well prepared for and encourage you to face them head-on, timely
- PRACTICE
 - Practice anything enough & gain proficiency
- PERSEVERANCE
 - Shifting perspective towards gratitude, giving yourself time to prepare & practice, even when you don't "feel" like it. One step forward at a time.
- Shifting perspective around anxiety. How you talk to yourself *matters*
 - "I have anxiety," "I am anxious" = heavy burden, overwhelm, full body involved
 - "I feel anxious," "I feel my anxiety" = encapsulated in emotions.
 - Emotions are ever changing, transient. Anxiety can come and go
 - Talking about it encapsulated in emotion shrinks its power
 - "A part of me feels anxious." Continuing to shrink to a manageable size.
 - Where do you feel in the anxiety in your body?
 - "A part of me experiences test anxiety." Core identification. "Test anxiety" is specific enough to be able to do something about it.
- Perspective = empowerment

Alcohol and Test Anxiety

- Not drinking alcohol for weeks – a month before testing positively impacted overall performance, decreased feelings of anxiety; slept better, practiced better, felt more empowered.

Prescription Medication for Situational Anxiety

- Overall, helped diminish physical manifestations of anxiety. Did not have on board when succeeded in passing tests

Focus and Distractions

- Find your Drishti: your focused gaze that develops & enhances your concentration
- Find something fun, something that you love to focus on while you practice & while you test
- Notice differences in your concentration when you have no focal point v. when you focus

Meditation

- Anxious mind is constantly chattering, trying to control
- Constant state of fight/flight/freeze
- Meditation tells your body it's okay to relax. You are safe.
- Naturally reduces stress & anxiety

- Calms chattering mind
- Improved cognition & memory
- “Surrender” to the present moment
- Use guided meditations on YouTube or Spotify when sitting quietly is too difficult
- Find a visual to help let go of intrusive thoughts & bring yourself back to meditating

Breathing

- Ujjayi Pranayama: Oceanic or victorious breath
- Breathing is part of the autonomic nervous system. It happens without thinking about it, unless it doesn't during anxiety
- Anxiety = holding the breath, breathing from chest & not the diaphragm. Body is preparing for fight or flight
- Increased oxygen in the body
- Builds internal body heat
 - Blood concentrates in major organs with anxiety – why hands & feet get cold.
 - Intentional breathing helps redistribute blood flow. Calm breathing signals to your body you do not need to be in fight/flight/freeze
- Regular practice = reduced muscle tension
- Helps regulate blood pressure & heart rate
- Calms the chattering mind
- Increased self-awareness, stay in the present moment
- Practicing the ujjayi breath profoundly impacted test anxiety. I attribute my success to this practice.

Acupressure & Tapping

- Stress is stored in the body at points you may not be aware of.
- Acupressure is like a targeted spot for specific areas in your body where stress collects.
- Pressure might be uncomfortable but should not be painful. Work up intensity with practice.
- Pressure Points:
 - On the top of the foot, along the webbing between the first and second toes, in the depression before the joint.
 - On the sole of the foot, at the point of lighter and softer skin, approximately in line with the space between the second and third toes
 - On the back of the hand, at the apex of webbed triangle between the thumb and the index finger.
 - On the front of the forearm, between the two tendons that run down the center of the forearm, two thumbprints from the wrist.
 - On the top of the shoulder, halfway between the shoulder point and the base of the neck.
 - On the back of the neck, one thumbprint from the base of the skull, on the rope-like muscle approximately one thumbprint from the spine.
 - On the upper chest, six thumbprints from the midline, in the space below the first rib.
 - On the forehead, midway between the eyebrows, at the point of the third eye.
- Acupressure stimulates self-healing response, increases blood flow, processes stress

- Tapping:
 - 2013 study of veterans suffering with PTSD found reduced symptoms after Emotional Freedom Techniques (EFT).
 - Put into practice: how you speak to yourself matters,
 - Get specific about your concern: “I acknowledge a part of me experiences test anxiety. And I deeply and completely accept myself.”
 - Crown of head
 - Eyebrows, side of eye, under eye
 - Nose, Chin
 - Collarbone
 - Chest

The importance of food

- Food is our fueling system. “Higher-grade” fuel = better brain & body function
- Organic, “clean” ingredients (avoid artificial colors, sweeteners, preservatives, conditioners)
- Always prioritize personal allergies & sensitivities to certain foods.
- Moderation in eating fish: exposure to antibiotics, mercury, plastics contamination

NCRA Written Knowledge

- quizlet.com
- NCRA Official Study guide
- Job analysis (handout page 5)

Practicing

- Minimum of 15 minutes a day
- Fast, Slow, Finger drills – however you get your hands on the keyboard every day
- Not feeling like it does not always mean practice won’t go well. Be open to surprising yourself.

Mental Resistance

- Unwillingness or pushing back against growing and changing, even when beneficial
- *The brain craves the predictable future, even if it’s detrimental to reaching our goals.*
- Emotional symptoms: Mood swings, irritability, increased anxiety & depression
- Physical symptoms: Fatigue, muscle weakness, physical pain

Back to Practicing 😊

- Study your notes & your dictionary
 - Define consistent misstrokes. Strokes do **not** have to be perfect to make it to your dictionary
- Discern between mental resistance and needing rest.
 - Perspective: Reframe the question of, “Do I deserve to rest right now?” to “Have I rested enough to take on this task?”
 - Ex. Slept in, scrolled social media for an hour, watched TV from bed. Need to practice, study, etc.

- You might be experiencing mental resistance. Go for a walk, climb some stairs, dance in your living room, shower, engage in tapping and/or meditation
- Schedule practice
- Ex. Ran yourself ragged the day before, took care of everyone but yourself, practiced but not well for 10 minutes, feeling anxious & depressed
 - Engage in tapping: My concern is I fell short of my goals yesterday. I accept myself deeply and completely. Begin tapping sequence.
 - Mindful rest: listen to music, journal, read, take a bath. Stay off phone & social media

Strategic Dropping:

- 3+ syllable word, drop it
- Practice strategic dropping at lower speeds
- Going to feel counterintuitive
- With anxiety, allows you to feel like you're staying in control
- Far better to drop one word than a three-stroke word that becomes five strokes because you misstroked & deleted & then you drop the next three or four words trying to catch up.
 - Ex. emancipated
 - anniversary
 - entrepreneur
 - mathematics
 - investigatory
- Opt for your briefs instead of accuracy, and then let it go!
 - "I certainly do." Drop the "certainly" and write "I do"
 - "And where specifically were you?" SKWR-RP/U (dropped "specifically")
- Lists
 - Test Ex.: "I enjoy hunting, fishing, swimming, kayaking, and boating."
 - Write: "I enjoy hunting fish swim KAEUBG (cake?) boat"
 - Let "hunting" be your clue that all list words end in -ing.
 - Are there outlines in your notes that can easily be combined into one stroke? (see briefs suggestions)
- Write the wrong word
 - Dictation: furtherance. Stroke: FRANS, which is defined France.
 - Dictation: maple. Stroke: MAEUPL, "maim," "my name."
 - You're smart enough to discern the correct word. Trust your notes, trust yourself.

Practice Materials

- Sign up for MyRealtimeCoach
- Search YouTube for Dictation, CSPAN, news
- Podcasts
- Hulu: Forensic Files
- Freevee: Judy Justice

Job Analysis: Registered Professional Reporter



Domains and Tasks of the Registered Professional Reporter (RPR) Exam

Domain 01

Technology and Innovation* (43%)

Generate and deliver transcripts using current Technology

- Computer hardware and peripherals
- Computer operations
- CAT software

Generate a realtime file using current technology

- CAT realtime features
- Wired and wireless connections
- Clients' viewing platforms

Troubleshoot issues related to generating a realtime file

- Cabling/connections
- COM ports
- Driver installation
- Hot spots/WiFi/LANs/WANs
- Device Manager
- Power management settings

Manage electronic files for storage and retrieval

- Storage drive types
- File transfer methods
- Cloud-based storage
- Archiving/backing up
- File formats
- Converting file formats

Perform online research to prepare for a job and/or produce a transcript

- Online search engines
- Identifying credible online resources
- Online search strategies

Understand and maintain security of computers/information

- Internet security and potential vulnerabilities
- Firewalls and anti-virus software
- Personally Identifiable Information (PII)/Sensitive Personal Information(SPI)
- Secure file transfer protocols

*Technology questions related to computer knowledge are based on Windows operating systems

Domain 02

Industry Practices (34%)

Produce accurate transcripts using proper spelling, word usage, and punctuation

- Punctuation rules
- Spelling rules
- Grammar rules

Demonstrate a broad knowledge of vocabulary

- Topic-related resources
- Homophones, homonyms, synonyms, antonyms, acronyms, initialisms, phrases, and idioms
- Medical terms
- Legal terms
- Foreign phrases (e.g., Latin, French, Greek)
- Industry/trade terms

Understand the duties and responsibilities of a court reporter in various settings

- Role of scopists and proofreaders
- Swearing in/affirming deponents, witnesses, interpreters, and minors
- Marking and custody/control of exhibits
- Rules for reading back testimony
- Procedures related to off-the-record discussions
- Rough-draft guidelines

Demonstrate a general understanding of the legal process

- Pleadings and procedures
- Court structure
- Citations

Adhere to applicable local, state, and federal rules regarding court reporting

- Established guidelines for ADA/equal access to the spoken word
- When records become public
- Freedom of Information Act
- Compliance with HIPAA requirements

- Independent contractor vs. employee status

Domain 03

NCRA, Professionalism, and Ethics (23%)

Understand the mission, guidelines, and resources of NCRA and NCRF

- NCRA certifications
- NCRA membership requirements
- NCRA continuing education requirements
- NCRA position statements

Adhere to NCRA Code of Professional Ethics

- COPE general guidelines and advisory opinions

Promote the Association and the profession individually and through NCRA and NCRF initiatives

- NCRA mentorship
- NCRA professional development
- NCRF volunteerism

References

All references are the most recent editions, unless otherwise noted.

Business

Dictionary of Business Terms (Barron's)

Dictionary of Insurance Terms (Barron's)

Robert's Rules of Order

Computer

Dictionary of Computer and Internet Terms (Barron)

Windows Help

General

Bartlett's Familiar Quotations

Last updated Feb. 2019

Test Anxiety – Briefs

and	<u>SKP/SKW</u>	and we	<u>SKWE</u>	and do	<u>STKPO</u>
and he	<u>SKPE</u>	and you	<u>SKPU</u>		
and she	<u>SKP*E</u>	and would you	<u>SKWAOU</u>		
and I	<u>SKPI</u>	and are	<u>SKPR</u>		
and a	<u>SKPA</u>	and I have		<u>SKPEUF</u>	
and an	<u>SKPAN</u>	and I have been		<u>SKPEUFB</u>	
and a half	<u>TPH*AF</u>	and I have been the		<u>SKPEUFBT</u>	
and about	<u>SKPABT</u>	and I know		<u>SKP*EUN</u>	
and again	<u>SKPAEUN</u>	and I mean		<u>SKPAOEM</u>	
and all	<u>SKPAUL</u>	and I meant		<u>SKP*EUMT</u>	
and all the	<u>SKPAULT</u>	and I need		<u>SKPEUPBD</u>	
and also	<u>SKPALS</u>	and I realize		<u>SKPEURLZ</u>	
and are you	<u>SKPRU</u>	and I recognize		<u>SKPEURGZ</u>	
and are you able to	<u>SKPRUBLT</u>	and I remember		<u>SKPEURM</u>	
and are you aware	<u>SKPRAUR</u>	and I said		<u>SKP*EUDZ</u>	
and are you married	<u>SKPRUMD</u>	and I say		<u>SKPEUBZ</u>	
and aren't	<u>SKP-RNT</u>	and I see		<u>SKPEUBS</u>	
and as far as	<u>SKPAFRS</u>	and I should		<u>SKPEURBD</u>	
and as you can see	<u>SKPA*UBGS</u>	and I think		<u>SKPEUNG</u>	
and be	<u>SKP-B</u>	and I understand		<u>SKPEUNDZ</u>	
and being	<u>SKP-BG</u>	and I want		<u>SKPEUNT</u>	
and can't	<u>SKP-BGT</u>	and I was		<u>SKPEUFS</u>	
and could	<u>SKP-BGD</u>	and I were		<u>SKPEURP</u>	
and do you know	<u>STKPAO*UN</u>				
and do you recognize	<u>STKPO*URGZ</u>	and I will		<u>SKPEUL</u>	
and even	<u>SKPEFN</u>	and I would		<u>SKPEULD</u>	
and everything	<u>SKPEFRG</u>	and I would say		<u>SKPEULDZ</u>	
and feel	<u>SKP-FL</u>	and I'd		<u>SKP*EUD</u>	
and felt	<u>SKP-FLT</u>	and I'll		<u>SKP*EUL</u>	
and find	<u>SKP-FND</u>	and I'm		<u>SKP*EUM</u>	
and get	<u>SKPEGT</u>	and I'm saying		<u>SKP*EUMZ</u>	
and got	<u>SKPOGT</u>	and I'm sorry		<u>SKP*EUMS</u>	
and have	<u>SKP-F</u>	and I've been		<u>SKP*EUFB</u>	
and have been	<u>SKP-FB</u>	and in		<u>SKPEUN</u>	
and have the	<u>SKP-FT</u>	and in fact		<u>SKPABGT</u>	
"and she" add *		and in light		<u>SKP*PBLT</u>	
and he	<u>SKPE</u>	and in the		<u>SKP-PBT</u>	
and he agreed	<u>SKP*ERGD</u>	and in		<u>SKPEUN</u>	
and he agrees	<u>SKP*ERGS</u>	and it		<u>SKPEUT</u>	
and he can	<u>SKPEBG</u>	and it gets		<u>SKP-GTS</u>	
and he can't	<u>SKPEBGT</u>	and it had		<u>SKP-TD</u>	
and he could	<u>SKPEBGD</u>	and it is		<u>SKP-TS</u>	
and he feels	<u>SKPEFLS</u>	and it looks like		<u>SKPAOLS</u>	
and he gets	<u>SKPEGTS</u>	and it says		<u>SKP*BSZ</u>	

and he had	<u>SKPED</u>	and it was	<u>SKP*FS</u>
and he happened	<u>SKPEPD</u>	and it will	<u>SKP*LT</u>
and he happens	<u>SKPEPS</u>	and it's	<u>SKP*TS</u>
and he has	<u>SKPEZ</u>	and not	<u>SKPOT</u>
and he knows	<u>SKPENS</u>	and now	<u>SKPOU</u>
and he realize	<u>SKPERLZ</u>	and of course	<u>SKPOFBG</u>
and he remembers	<u>SKPERMS</u>	and on the	<u>SKPONT</u>
and he remembered	<u>SKPERMD</u>	and over	<u>SKPOFR</u>
and he said	<u>SKPEDZ</u>	and please	<u>SKP-PLZ</u>
and he says	<u>SKPEBZ</u>	and realize	<u>SKP-RLZ</u>
and he should	<u>SKPERBD</u>	and remember	<u>SKP-RM</u>
and he understands	<u>SKPENDZ</u>	and said	<u>SKP-DZ</u>
and he wants	<u>SKPENTS</u>	and say	<u>SKP-BZ</u>
and he wasn't	<u>SKPEFNT</u>	and says	<u>SKP-BSZ</u>
and he will	<u>SKPEL</u>	and so forth	<u>SKPO*RT</u>
and he would	<u>SKPELD</u>	and that	<u>SKPAT</u>
and he's wanting	<u>SKPENG</u>	and that can	<u>SKPABG</u>
and how about	<u>SKWHOUBT</u>	and that could	<u>SKPABGD</u>
and how long	<u>SKWHOUNG</u>	and that gets	<u>SKPABGTS</u>
and how many	<u>SKWHOUM</u>	and that got	<u>SKPAOGT</u>
and how many times	<u>SKWHOUMTS</u>	and that he was	<u>SKPAEFS</u>
and how much	<u>SKWHOUFP</u>	and that she was	<u>SKPE*EFS</u>
and how old	<u>SKWHOULD</u>	and that is	<u>SKPATS</u>
and I	<u>SKPEU</u>	and that was	<u>SKPAFS</u>
and I agree	<u>SKP*IRGD</u>	and that wasn't	<u>SKPAFNT</u>
and I am	<u>SKPA*EUM</u>	and that will	<u>SKPAL</u>
and I believe	<u>SKPEUBL</u>	and that would	<u>SKPALD</u>
and I believe the	<u>SKPEUBLT</u>	and that's	<u>SKPA*TS</u>
and I can	<u>SKPEUBG</u>	and the	<u>SKP-T</u>
and I can't	<u>SKPEUBGT</u>	and the time	<u>SKP-MT</u>
and I cannot	<u>SKP*EUBGT</u>	and then	<u>SKPEPB</u>
and I could	<u>SKPEUBGT</u>	and think	<u>SKP-NG</u>
and I didn't	<u>SKPEUNT</u>	and understand	<u>SKPUNS</u>
and I do have	<u>SKPO*EUF</u>	and was	<u>SKP-FS</u>
and I do not	<u>SKPO*EUPBT</u>	and we	<u>SKW*E</u>
and I don't believe	<u>SKPOEUBL</u>	and we agree	<u>SKW*ERG</u>
and I don't think	<u>SKPOEUNG</u>	and we agreed	<u>SKW*ERGD</u>
and I feel	<u>SKPEUFL</u>	and we are	<u>SKW*ER</u>
and I felt	<u>SKPEUFLT</u>	and we believe	<u>SKW*EBL</u>
and I find	<u>SKPEUFND</u>	and we believed	<u>SKW*EBLD</u>
and I forget	<u>SKPEUFRGT</u>	and we can	<u>SKW*EBG</u>
and I get	<u>SKPEUGT</u>	and we could	<u>SKW*EBGD</u>
and I go	<u>SKPEUG</u>	and we feel	<u>SKW*EFL</u>
and I guess	<u>SKPEUGZ</u>	and we get	<u>SKW*EGT</u>
and I had	<u>SKPEUD</u>	and we go	<u>SKW*EG</u>
and I happen	<u>SKPEUP</u>	and we had	<u>SKW*ED</u>
and I happened	<u>SKPEUPD</u>	and we have	<u>SKW*EF</u>

and we have had	<u>SKW*EFD</u>	and you go	<u>SKPUG</u>
and we haven't	<u>SKWEFNT</u>	and you guys	<u>SKPUGZ</u>
and we know	<u>SKW*EN</u>	and you happen	<u>SKPUP</u>
and we may	<u>SKW*EM</u>	and you happened	<u>SKPUPD</u>
and we may begin	<u>SKWA*EUN</u>	and you have	<u>SKPUF</u>
and we may proceed	<u>SKWA*EUP</u>	and you have agreed	<u>SKPUFRGD</u>
and we need	<u>SKW*END</u>	and you have been	<u>SKPUFB</u>
and we said	<u>SKW*EDZ</u>	and you have been the	<u>SKPUFBT</u>
and we say	<u>SKW*EBZ</u>	and you have had	<u>SKPUFD</u>
and we see	<u>SKW*EBS</u>	and you have the	<u>SKPUFT</u>
and we think	<u>SKW*ENG</u>	and you haven't	<u>SKPUFPBT</u>
and we was	<u>SKWEFS</u>	and you know	<u>SKPOUPB</u>
and we went	<u>SKW*ENT</u>	and you need	<u>SKPUND</u>
and we were	<u>SKW*ERP</u>	and you realize	<u>SKPURLZ</u>
and we weren't	<u>SKW*ERPBT</u>	and you recall the	<u>SKPURLT</u>
and we will	<u>SKW*EL</u>	and you recognize	<u>SKPURGZ</u>
and we would	<u>SKW*ELD</u>	and you remember	<u>SKPURM</u>
and we would say	<u>SKW*ELDZ</u>	and you said	<u>SKPUDZ</u>
and were you aware	<u>SKPWRAUR</u>	and you say	<u>SKPUBZ</u>
and what happened	<u>SKWHAPD</u>	and you should	<u>SKPURBD</u>
and what happens	<u>SKWHAPS</u>	and you think	<u>SKPUNG</u>
and what has	<u>SKWHAZ</u>	and you think the	<u>SKPUNGT</u>
and what have	<u>SKWHAF</u>	and you understand	<u>SKP*UNS</u>
and what is	<u>SKWHAS</u>	and you understood	<u>SKP*UND</u>
and what she said	<u>SKWHA*EDZ</u>	and you want	<u>SKPUNT</u>
and what he said	<u>SKWHAEDZ</u>	and you wanted	<u>SKPUNTD</u>
and what was	<u>SKWHAFS</u>	and you were	<u>SKPURP</u>
and what, if anything,	<u>SKWHAFPBG</u>	and you will	<u>SKPUL</u>
and who was	<u>SKWHOFS</u>	and you will go	<u>SKPULG</u>
and why	<u>SKWHAOEU</u>	and you would	<u>SKPULD</u>
and will	<u>SKP-L</u>	and you would say	<u>SKP*ULDZ</u>
and would	<u>SKP-LD</u>		
and would you recognize	<u>SKWAO*URGZ</u>	and you'd	<u>SKP*UD</u>
and you	<u>SKPU</u>	and you'll	<u>SKP*UL</u>
and you agree	<u>SKP*URG</u>	and you'll recall	<u>SKP*URL</u>
and you agreed	<u>SKP*URGD</u>	and you've	<u>SKP*UF</u>
and you are	<u>SKPUR</u>	and you've been	<u>SKP*UFB</u>
and you are going to	<u>SKPURGT</u>	and you've had	<u>SKP*UFD</u>
and you are the	<u>SKPURT</u>	and you would	<u>SKPULD</u>
and you aren't	<u>SKPURNT</u>	and you would say	<u>SKPULDZ</u>
and you believe	<u>SKPUBL</u>	and your name	<u>SKPURN</u>
and you believe the	<u>SKPUBLT</u>	and/or	<u>SKPOR</u>
and you believed	<u>SKPUBLD</u>	and you felt	<u>SKPUFLT</u>
and you can	<u>SKPUBG</u>		
and you can't	<u>SKPUBGT</u>		
and you feel	<u>SKPUFL</u>		

Question/Answer Briefs:

Q. Okay.	<u><Qbank>OBG</u>	A. All right.	<u>HR-<Abank></u>
Q. All right.	<u><Qbank>-RT</u>	A. And	<u>AO-<Abank></u>
Q. Now	<u><Qbank>OU</u>	A. Correct.	<u>KR-<Abank></u>
Q. So	<u><Qbank>OS</u>	A. He	<u>HE<Abank></u>
Q. Yes.	<u><Qbank>E</u>	A. I	<u>EU<Abank></u>
Q. No.	<u><Qbank>O</u>	A. It is a	<u>STA-<Abank></u>
Q. And	<u><Qbank>AO</u>	A. It's a	<u>STA*-<Abank></u>
Q. Is that correct?	<u><Qbank>ABGT</u>	A. No.	<u>TPH-<Abank></u>
Q. Is that right?	<u><Qbank>ART</u>	A. No, ma'am.	<u>TPHA<Abank></u>
Q. On the	<u><Qbank>OPBT</u>	A. No, sir.	<u>TPHO<Abank></u>
Q. Will	<u><Qbank>-L</u>	A. Okay.	<u>OE<Abank></u>
Q. Were	<u><Qbank>-RP</u>	A. Right.	<u>R-<Abank></u>
Q. Congratulations.	<u><Qbank>-RGZ</u>	A. She	<u>SHE<Abank></u>
Q. I understand.	<u><Qbank>EUPBDZ</u>	A. So	<u>SO<Abank></u>
		A. Sure.	<u>SHU<Abank></u>
		A. Thank you.	<u>THU<Abank></u>
		A. That is correct.	<u>THA<Abank></u>
		A. That's correct.	<u>THAE<Abank></u>
		A. That is right.	<u>THRA-<Abank></u>
		A. That's right.	<u>THRAE<Abank></u>
		A. The	<u>T-<Abank></u>
		A. They	<u>THE<Abank></u>
		A. This	<u>THI<Abank></u>
		A. True.	<u>TRU<Abank></u>
		A. Yeah.	<u>KWRAE<Abank></u>
		A. Yes.	<u>KWR-<Abank></u>
		A. Yes, ma'am.	<u>KWRA<Abank></u>
		A. Yes, sir.	<u>KWRE<Abank></u>

LIFESAVER ENDING BRIEFS:

realize	<u>-RLZ</u>	please	<u>-PLZ</u>
go	<u>-G</u>	remember(ed)	<u>-RM(D)</u>
agree	<u>*RG</u>	happen(s)	<u>-P(S)</u>
understand	<u>-UNDZ</u>	happened	<u>-PD</u>
say	<u>*BZ</u>	want	<u>-NT (PT)</u>
see	<u>*BS</u>	wanted	<u>-NTD</u>
recognize	<u>-RGZ</u>		

BRIEFS THAT ALREADY FLOW:

I recognize	<u>IRGZ</u>	as I sit here today	<u>S*EUTD</u>
you recognize	<u>URGZ</u>	as I understand	<u>S*EUNDZ</u>
to recognize	<u>TORGZ</u>	as you go	<u>S*UG</u>
can you recognize	<u>KAURGZ</u>	as we go	<u>SW*EG</u>
do you recognize	<u>DOURGZ</u>	as we were	<u>SWERP</u>
did you recognize	<u>DURGZ</u>	as you were	<u>SURP</u>
if you recognize	<u>FURGZ</u>	as if you were	<u>STP-URP</u>
would you recognize	<u>WAOURGZ</u>	as you understand	<u>S*UNDZ</u>
when you recognize	<u>WHURGZ</u>	as you happened	<u>S*UPD</u>
do I recognize	<u>DOIRGZ</u>	as a matter of	<u>SMAOF</u>
what I recognize	<u>WHAIRGZ</u>	as best as	<u>SPW*ES</u>
that you recognize	<u>THAURGZ</u>	as best you can	<u>SPW*UBG</u>
that I recognize	<u>THAIRGZ</u>	and you agree(d)	<u>SKP*URG(D)</u>
I didn't recognize	<u>YIRGZ</u>	and you're in agreement	<u>SKP*URMT</u>
I don't recognize	<u>YORGZ</u>		
if I recognize	<u>FIRGZ</u>		
so you recognize	<u>SOURGZ</u>		
did I realize	<u>DIRLZ</u>		
did you realize	<u>DURLZ</u>		
do you realize	<u>DOURLZ</u>		
I guess	<u>IGSZ</u>		
so I guess	<u>SOEUGSZ</u>		
and I guess	<u>SKPIGSZ</u>		
and you guess	<u>SKPUGSZ</u>		
you guess	<u>UGSZ</u>		
to guess	<u>TOGSZ</u>		
other than	<u>O*ERN</u>		
rather than	<u>RA*ERN</u>		
as opposed to	<u>SPOET</u>		
as soon as possible	<u>STHPOP</u>		
as we sit here today	<u>SWETD</u>		
as you sit here	<u>S*UT</u>		
as you sit here today	<u>S*UTD</u>		