

A Conversation with Sam George

Why did you write this book?

I was convinced I was insane. When anyone would not respond to my message, I get upset. The process is predictable. I thought something was wrong. The delay must be related to me. I could not wait to get the full story, so I created my own. Almost always, my story centered on a ridiculous worst-case scenario. Then I catastrophize, and the story repeats. People never talk about it. When I spoke to people, they were reluctant but admitted to having the same experience. I first conducted professional interviews and then undertook multiple polls that confirm what I experienced is generalizable. I wrote *I'll Get Back to You* to bring this issue to light and let people know they're not alone. It's important to realize that these emotions and thoughts are normal and can be changed.

What is Dyscommunication?

What is revolutionary about digital communication is not the technology. The historic breakthrough is communicating without an immediate feedback loop. For millennia, we have conversed directly with instant feedback. Digital communication is a cloud of uncertainty. Was our message received? How will it be understood? Will the message be returned? Messages are delayed, forgotten, and vague. Dyscommunication is the unique misunderstanding caused by not having an immediate feedback loop. The worst is unreturned messages. The misunderstanding takes place in our heads before there is a reply to understand.

Why do we think crazy thoughts?

Fear isn't the source of the issue. Our rational mind is the root of our irrational thinking. The brain uses patterns to process reality and store knowledge. A message that hasn't been returned is a pattern that needs to be completed. The brain compels us to complete the story. All we know is we must immediately come up with a story to explain. We can't wait because the mind is pressuring us. We jump to a worst-case scenario with little deliberation. It provides a concrete end to the story. This sends our heads spinning, but the completed pattern satisfies our brain.

How do we change it?

Awareness is key. You'll maneuver through the thoughts and emotions once you grasp the mechanics properly. *I'll Get Back to You* has real-life stories from relationships, dating, family, and work, so you can apply what you've learned to your situation. There are exercises and recommendations for each area. *I'll Get Back to You* provides tested methods to guarantee that they promptly return the emails and texts. How you write your message is paramount. Following up on an unanswered message is vital. Yet people are reluctant to do so. There are tactics to follow-up effectively and politely. Included are quick breathing and relaxation techniques that will instantly calm your mind.