

AI-00352 Doorknob Moment

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What is a “doorknob moment”?

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A "doorknob moment" refers to a situation where someone waits until they're about to leave or exit a conversation, appointment, or meeting to bring up a significant or personal topic. It's often used to describe instances when a person discloses something important or surprising just as they're leaving, catching the other party off guard.

What is the psychodynamic of a doorknob moment? What is the mental process? Is it normal?

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The psychodynamic aspect of a doorknob moment can be understood within the context of psychology and interpersonal dynamics. This phenomenon may occur due to a combination of factors:

1. **Fear of Rejection or Judgement:** The person initiating the doorknob moment might fear how the other person will react to their disclosure. Waiting until the last moment provides a sense of protection from potential negative reactions.
2. **Vulnerability and Trust:** Sharing personal information or emotions can make someone feel vulnerable. Waiting until the end of a conversation might stem from a desire to establish trust first before revealing something intimate.
3. **Seeking Validation or Support:** The person might be seeking validation, empathy, or support for their feelings. They might wait until the doorknob moment to gauge the other person's willingness to provide such support.
4. **Timing and Opportunity:** The moment just before parting ways can create a sense of urgency and opportunity for meaningful conversations. People might use this time

to ensure their disclosure is remembered or to avoid potential long discussions.

In terms of mental processes, it involves assessing the risk and potential benefits of sharing personal information. The person might engage in a quick internal dialogue, considering the consequences of sharing versus the relief or validation they could experience.

The occurrence of doorknob moments is quite normal and is rooted in human psychology. People often grapple with how much to reveal and when, especially in situations involving sensitive topics. While it might catch others off guard, it's a part of the complex interplay of communication, trust-building, and vulnerability in human interactions.

Give 10 examples of "doorknob moment"

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Sure, here are 10 examples of "doorknob moments":

1. **Therapy Session:** A client waits until the end of a therapy session to bring up a traumatic event they've never discussed before.
2. **Work Meeting:** An employee mentions a significant issue with a project just as the meeting is concluding, leaving their colleagues surprised by the sudden revelation.
3. **Family Gathering:** A family member waits until the family dinner is about to end to reveal their decision to move to another country.
4. **Doctor's Appointment:** A patient mentions a worrisome symptom as they're about to leave the doctor's office, catching the doctor off guard.
5. **Friend Hangout:** A friend discloses a recent breakup just as they're about to leave a social gathering.
6. **Conference Presentation:** A speaker saves a controversial statement for the end of their presentation, sparking a lively debate among the audience.
7. **Classroom Discussion:** A student shares a personal experience related to the class topic right before the bell rings, leaving the teacher and classmates surprised.
8. **Job Interview:** An interviewee brings up a previous job termination as the interview is wrapping up, hoping to provide context to their job history.

9. **Date Night:** During a romantic dinner, one partner reveals a major life decision they've been hesitant to discuss, such as a career change.
10. **Support Group Meeting:** A participant shares a deeply personal struggle just before the support group session concludes, hoping to receive understanding from their peers.

These examples illustrate the diversity of situations in which doorknob moments can occur, highlighting the tendency for people to reveal significant information at unexpected times.