

title: **DAE discreetly record important conversations at work for listening to later at a slower pace because you know you won't retain important details?**

num_comments: 8

num_up_votes: 19

upvote_ratio: 0.95

Post Text

Even with active listening techniques, I've always been plagued with listening and reading comprehension. No matter how important I know the information or conversation is, I will always miss SOME important detail... or simply forget five minutes later. I think a problem I have, too, is that when given the opportunity to indicate whether I'm actually following along or not, or "understand" what information I'm receiving, I always chicken out of being honest, and just say "yes" just to not feel like an idiot, or to not hold every one else up with my slow to grasp pace. So my workaround has been to continue to pretending like I "get it", and then discreetly record conversations with an app on my phone, then plug my headphones in at my desk later and re-listen to the conversation at my own slower pace to catch up on the points I missed or didn't feel I comprehended completely. This is an inefficient use of time, however, and I wish I could just "keep up" like other normal people. Does anyone else have challenges similar to this? How do you cope?

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

Yes, all the time. I'm also less anxious about missing things this way so paradoxically it makes me focus a bit better

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Me too: when I record i am certain i will always have a way to find out what actually happened...and then i remember _everything_

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

I take it one step further and use OBS to screen grab too then my actual notes are timestamps of the important things...

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Omg I do the exact same thing. My psych told me about a feature OneNote has to record conversations and keep a timestamp of your notes, but for Mac it only works through the actual microphone. Ended up doing this as a workaround and I actually prefer it since it also grabs video. I have it setup so my notes app is the smallest it can be while still being legible. Literally the best thing I have ever done for my productivity. I asked my manager and teammates for permission to record for notes once the anxiety of recording them without permission got too high and literally nobody cared at all.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Oh yes.

Where I am, one-party consent means it's totally legal to record (in-person as well as phone) conversations. Plus, I found a phone app that allows one-click recording.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

This is a great idea just check that you're in a place where it's legal.

And it might be worth telling people you work with "I have a memory issue that makes it hard for me to keep track of details, do you mind if I record this so I can listen back later and make sure I didn't miss anything?"

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

OMG, *YES*

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1