

## ONE MINUTE TIMING IMPROVES INNERS

Abigail B. Calkin  
Topeka Public Schools

For surely it is time the effect of discouragement upon the mind of the artist should be measured, as I have seen a dairy company measure the effect of ordinary milk and Grade A milk upon the body of a rat.

Virginia Woolf, *A Room of One's Own*, 1929.

This article discusses a project I did on myself. The project consisted of seven pinpoints. Five of them had a 1,000 minute record floor: positive feelings about myself, negative feelings about myself, skipped opportunities to have a feeling about myself, negative thoughts about myself, my husband or my marriage, and positive thoughts about myself. Two of them had a 1 minute record floor: total positive feelings and thoughts about myself, and positive feelings about myself.

I began the project by counting positive feelings about myself, negative feelings about myself, and skipped opportunities to have a feeling about myself. The other four pinpoints developed as the project progressed.

Both feelings and thoughts are inner. As I realized during the project, however, they are not the same. A feeling is an inner awareness of an emotional or affective state. It "denotes any partly mental, partly physical (but not entirely sensory) response. . . ." (Webster, 1976). A thought is different from a feeling; it is a mental concentration on ideas as distinguished from sense perceptions or emotions (Webster, 1976). The same item can be a thought or a feeling. It depends on whether it stays purely in a mental form or whether it is partly mental and partly physical.

I defined a positive feeling about myself as feeling good about who I was or about something I had done; this was the mental aspect of the feeling. I had a positive feeling when I had a positive emotion, a sense of warmth, a twinge, or when there was a sense of expansion. This was the physical aspect of the feeling. Here are two examples. "I feel intelligent." I knew this was a feeling when it occurred because I had a sense of warmth, a twinge, as I had the feeling. "I feel independent." I knew this was a feeling when it occurred because I had a sense of inner strength, a warm tingle of "goose bumps".

The same idea as a thought was very objective, unemotional, and purely mental. It occurred in much the same way that I would view a positive in someone else. Here are two examples of positive thoughts. "I am intelligent." The thought occurred, but there was no mild physical sensation with it. "I am beautiful." The thought occurred, perhaps as the result of a compliment, but there was no sensation with it. It was purely a mental idea.

Negative feelings about myself included feelings of inadequacy and insecurity. There was a sense of being observed and sometimes a shakiness or burst of physical activity. There was also a sense of constriction. An

example of a negative feeling is: "I feel dependent." I knew this was a feeling when it occurred because I had a sense of downward spiraling, a sense of something closing in on me. A negative thought, on the other hand, was very objective and unemotional, e.g., "I am dependent under certain conditions."

A skipped opportunity to have a feeling occurred when there was a programmed event present for having a feeling but no feeling occurred. Examples included someone giving me a compliment and I didn't feel it was justified (the "What a nice dress," "Oh, this old rag?" routine) or when I had a positive or a negative thought about myself, but didn't feel it.

To count that many inners at one time requires practice. I had been counting and charting inner behavior since the spring of 1969, eight years prior to donning my 12-row bead counter for this project. The counting on this project occurred from the time I woke up until I went to sleep.

If I was in doubt about whether something was a positive feeling, a negative feeling, or a skipped opportunity, I recorded the value that first came to mind. Occasionally I had to pause to discern whether something was a thought or a feeling.

I used the freehand method to draw celeration lines during the project. In analyzing the results after the project was completed, I used the quarter intersect method (Pennypacker, Koenig & Lindsley, 1972).

#### Before

I began to count positive and negative feelings and skipped opportunities on September 19, 1977. Nine days after starting these three counts, I added another pinpoint, negative thoughts. As shown in Charts 1 and 2, positive feelings were accelerating, while negative feelings were maintaining. Chart 3 indicates that skipped opportunities were accelerating. I was unable to take advantage of the skips to improve how I felt. Chart 4 indicates that negative thoughts were frequent, but decelerating. I decided to make a change.

#### During 1

I set aims the first weekend in October. By October 23, I wanted the positive feelings to be 40 per day and the negative thoughts to be zero. The phase change in negative thoughts began one day after I started the change for positive feelings. In addition to setting an aim for negative thoughts, I used thought substitution (Campbell, 1975). Every time I had a negative thought, I substituted at least one positive thought.

By the end of the fourth day, the positive feelings had decreased and the negative thoughts had increased enough to alarm me. I made another change on the positive feeling project. I wrote all my positives and negatives on a sheet of paper. I folded the paper so I could read the positive list without seeing the negative list. There were nine positive feelings, 24 positive thoughts, 15 negative feelings, and three negative thoughts.

After four more days I noticed that all four pinpoints had increased. I had only two weeks left to reach my goal. I panicked. I still had my aim. I read the positive list many times each day. I never looked at the negative

CALENDAR WEEKS

28 AUG 77  
 DAY MO YR

8 SEPT 77  
 DAY MO YR

23 OCT 77  
 DAY MO YR

2 NOV 77  
 DAY MO YR

18 DEC 77  
 DAY MO YR

15 JAN 78  
 DAY MO YR

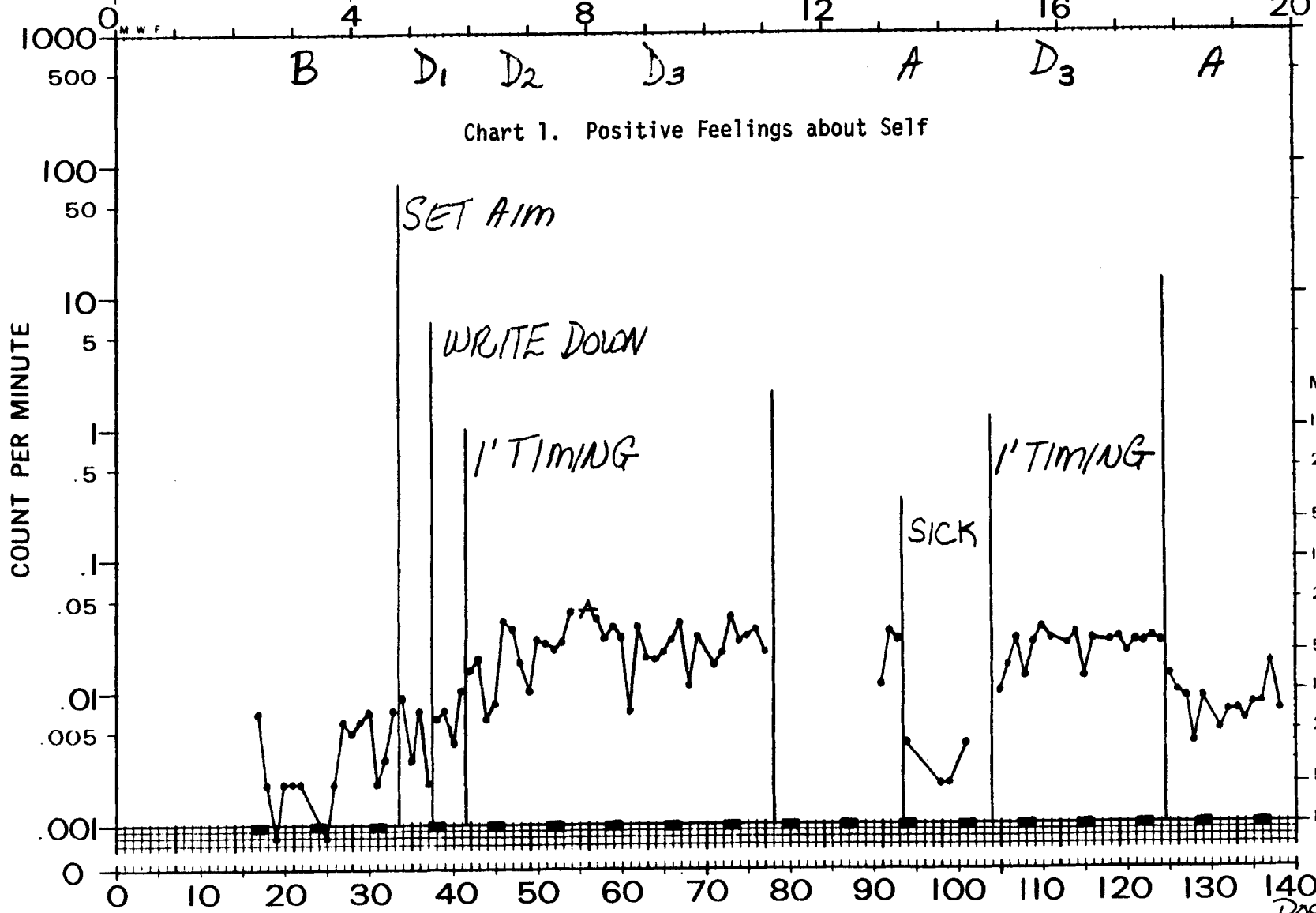


Chart 1. Positive Feelings about Self

Calkin, Abigail B. One minute timing improves inners. *Journal of Precision Teaching*, Volume II, Number 3, Fall, 1981.

A. CALKIN A. CALKIN ABIGAIL

SUPERVISOR ADVISER MANAGER

SUCCESSIVE CALENDAR DAYS

ABIGAIL

36

POSITIVE FEELINGS

ABIGAIL

BEHAVIOR ABIGAIL

AGE

LABEL

COUNTED ABOUT SELF

DEPOSITOR

AGENCY

TIMER

COUNTER

CHARTER

CALENDAR WEEKS

28 AUG 77 DAY MO YR

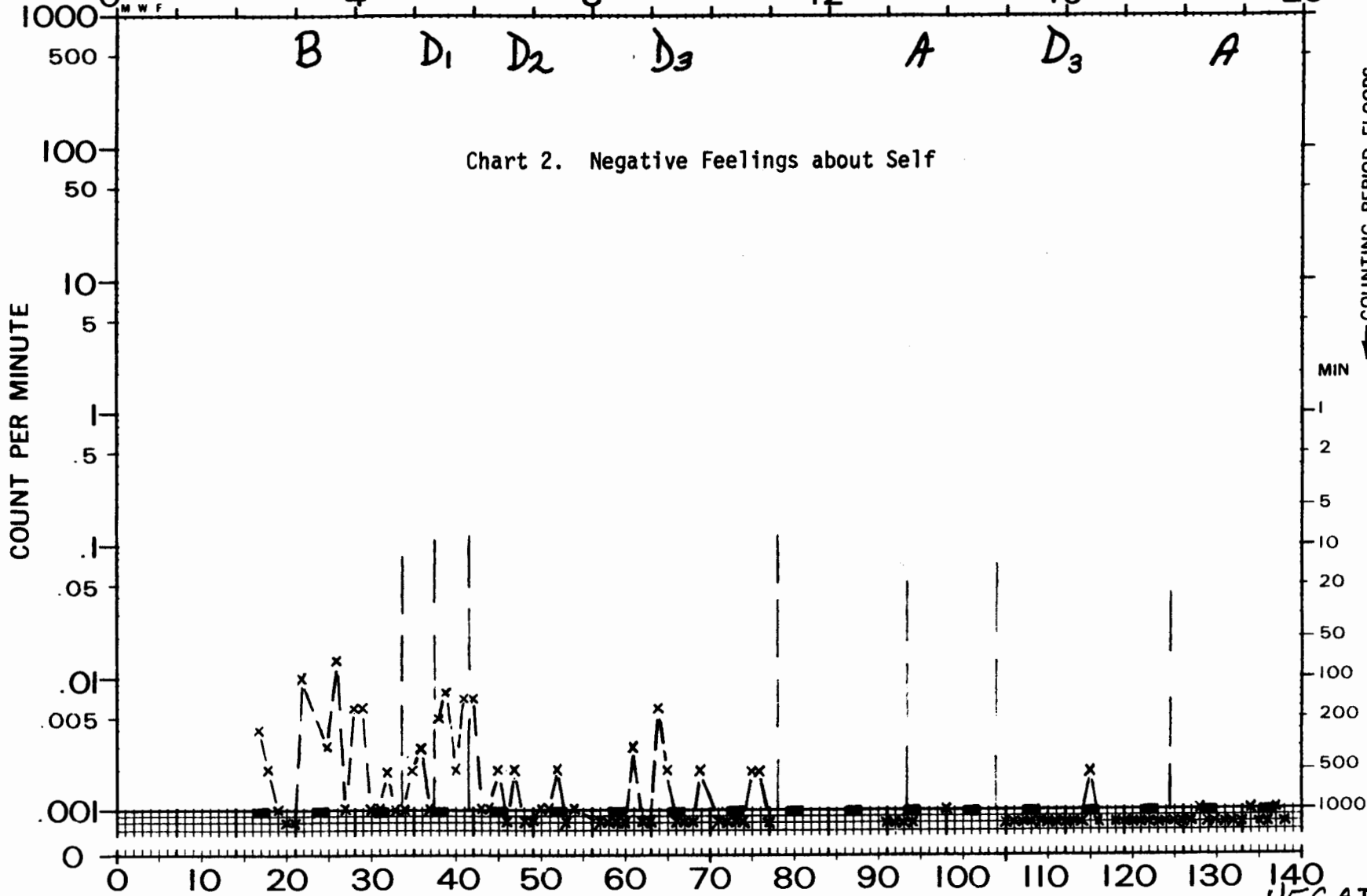
25 SEPT 77 DAY MO YR

23 OCT 77 DAY MO YR

2 NOV 77 DAY MO YR

18 DEC 77 DAY MO YR

15 JAN 78 DAY MO YR



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Calkin, Abigail B. One minute timing improves inners. Journal of Precision Teaching, Volume II, Number 3, Fall, 1981.

A. CALKIN	A. CALKIN	ABIGAIL	SUCCESSIVE CALENDAR DAYS	ABIGAIL	36	NEGATIVE FEELING
SUPERVISOR	ADVISER	MANAGER		BEHAVIOR	AGE	LABEL COUNTED
				ABIGAIL		ABOUT SELF
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER	

CALENDAR WEEKS

28 AUG 77  
 DAY MO YR

25 SEPT 77  
 DAY MO YR

23 OCT 77  
 DAY MO YR

20 NOV 77  
 DAY MO YR

18 DEC 77  
 DAY MO YR

15 JAN 78  
 DAY MO YR

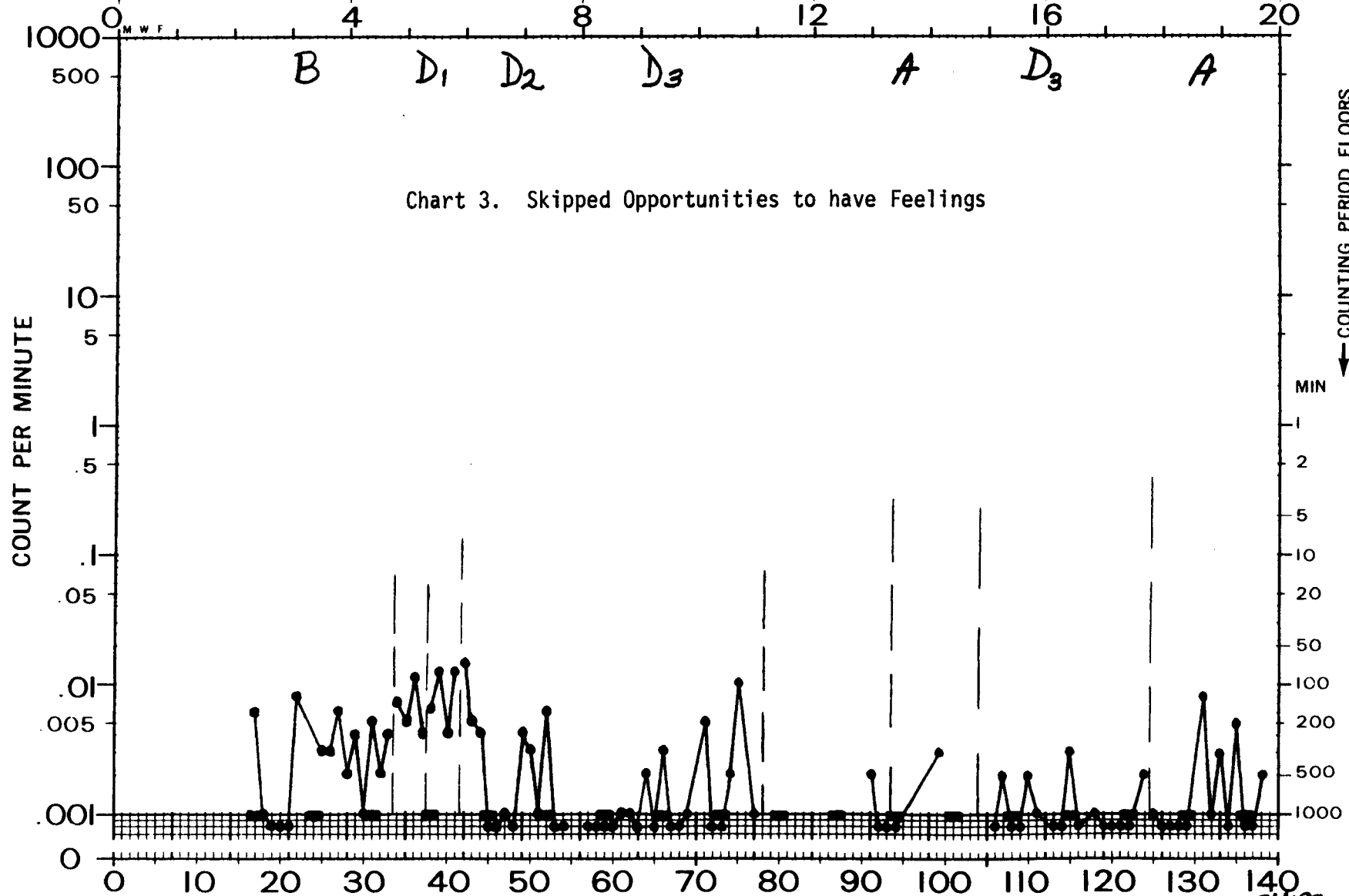


Chart 3. Skipped Opportunities to have Feelings

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<u>A. CALKIN</u>	<u>A. CALKIN</u>	<u>ABIGAIL</u>	SUCCESSIVE CALENDAR DAYS	<u>ABIGAIL</u>	<u>36</u>	<u>SKIPS FEELING</u>
SUPERVISOR	ADVISER	MANAGER		BEHAVIOR	AGE	LABEL COUNTED
<u>DEPOSITOR</u>	<u>AGENCY</u>	<u>TIMER</u>	<u>ABIGAIL</u>	<u>ABIGAIL</u>	<u>CHARTER</u>	<u>ABOUT SELF</u>
			COUNTER			

28 AUG 77  
 DAY MO YR

CALENDAR WEEKS

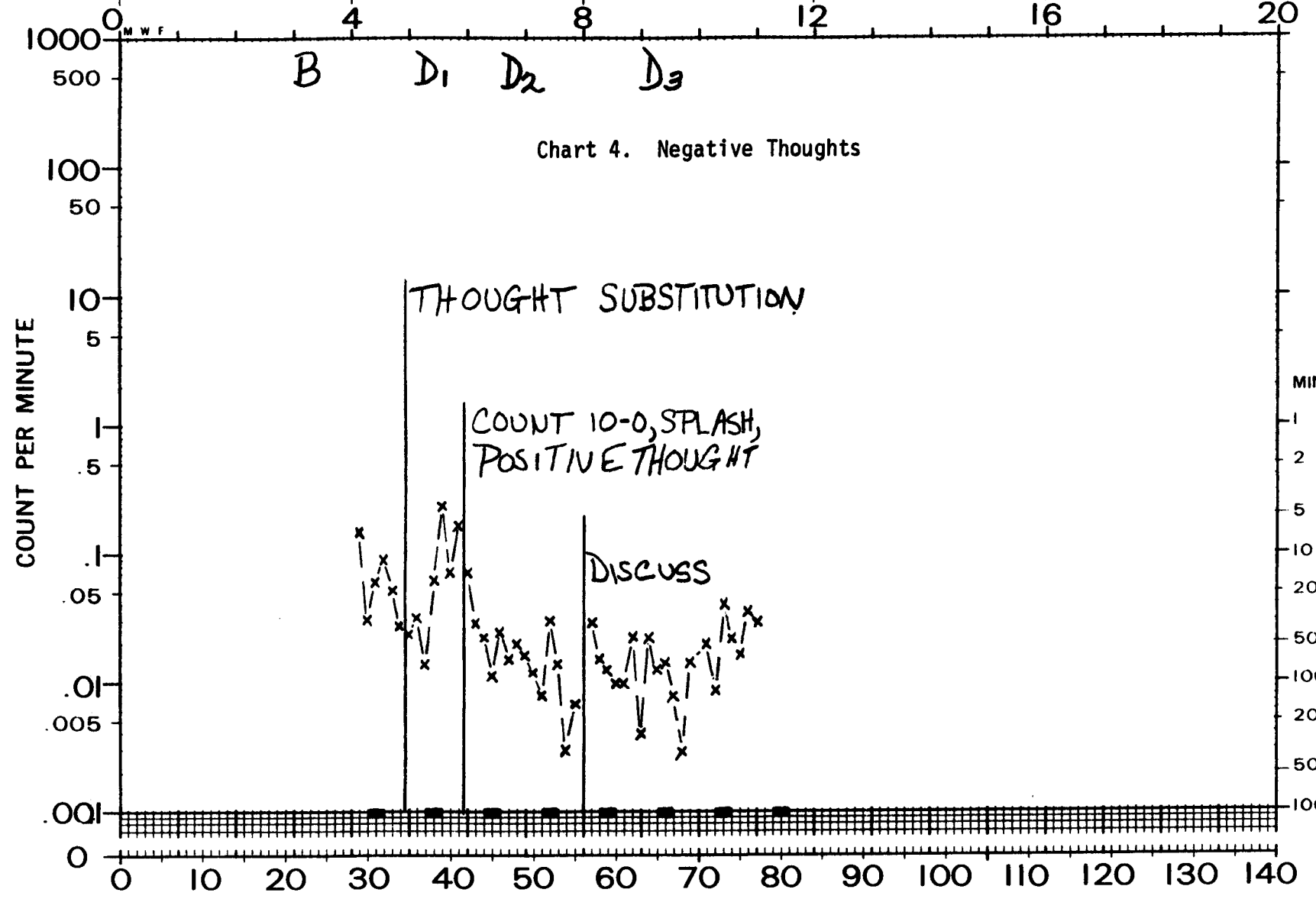
25 SEPT 77  
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15 JAN 78  
 DAY MO YR



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A. CALKIN	A. CALKIN	ABIGAIL	SUCCESSIVE CALENDAR DAYS	ABIGAIL	36	NEGATIVE
SUPERVISOR	ADVISER	MANAGER		BEHAVIOR	AGE	COUNTED
				ABIGAIL		THOUGHTS
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER	

list. I was using thought substitution for the negative thoughts. I was writing in my journal every day. I was seeing a psychologist. Nothing seemed to be working. I decided if a 1 minute timing had worked on reading and math, it might work on inners.\* It certainly couldn't make them any worse!

### During 2

I started a 1 minute timing. Each morning within half an hour of getting up, I wrote as many positive thoughts and feelings about myself as I could in 1 minute. If the same thought occurred at different times, I wrote it each time. There were two reasons for this: I didn't want to take the time to see if I had already written it; and it may have been a thought the first and third times and a feeling the second time. Each word, phrase, or abbreviation that I felt as I wrote it, I asterisked. I then charted the total number (see Chart 5). I also charted the items which were feelings (see Chart 6).

I added another change to the negative thoughts. Every time I had a negative thought, I counted backwards from 10 to zero. I then pictured myself going down a waterslide into a Kansas farm pond. While splashing and swimming in the pond, I recited one or several positive thoughts about myself, thus substituting a positive thought for a negative one.

I also began to count and chart positive thoughts. As shown in Chart 7, the first phase was labelled "forced" because many of the positive thoughts were a forced reciting after a negative thought. Some of these forced, positive thoughts triggered a positive feeling, although the main purpose was to counteract the negative thought.

As shown in Chart 1, I reached my goal of 40 positive feelings per day two days ahead of schedule. Charts 2 and 3 indicate that negative feelings and skipped opportunities both decelerated to zero. Chart 4 indicates that negative thoughts decelerated, but did not reach zero. The lowest frequency was three. The opportunity to extend the aim was not possible. I did the project with the idea that an improved "self-concept". i.e., increased positive feelings and decreased negative feelings and thoughts, would be a birthday present to my husband.

I should point out that I included the thoughts and feelings during the 1 minute timing as a part of my total daily counts. It was important to me at the time to record all my daily feelings on the counter and on the all-day Chart. It made me feel better to start the day with some positive feelings recorded on my counter. Thus, in During 2, there were three interventions on the positive all-day count: (1) the aim of 40; (2) the 1 minute timing; and (3) recording the 1 minute counts on my counter in the morning.

Chart 8 shows the daily positive feeling count without the inclusion of the 1 minute timing. While the deceleration slowed, the frequency of positive

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\* I became curious about who originated the idea of the 1 minute timing. My inquiries led to the West Coast during early 1968. The source of the 1 minute timing was probably either Eric Haughton in Eugene or Harold Kunzelmann in Seattle giving advice to a teacher. Perhaps it was a simultaneous discovery.

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 DAY MO YR

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 DAY MO YR

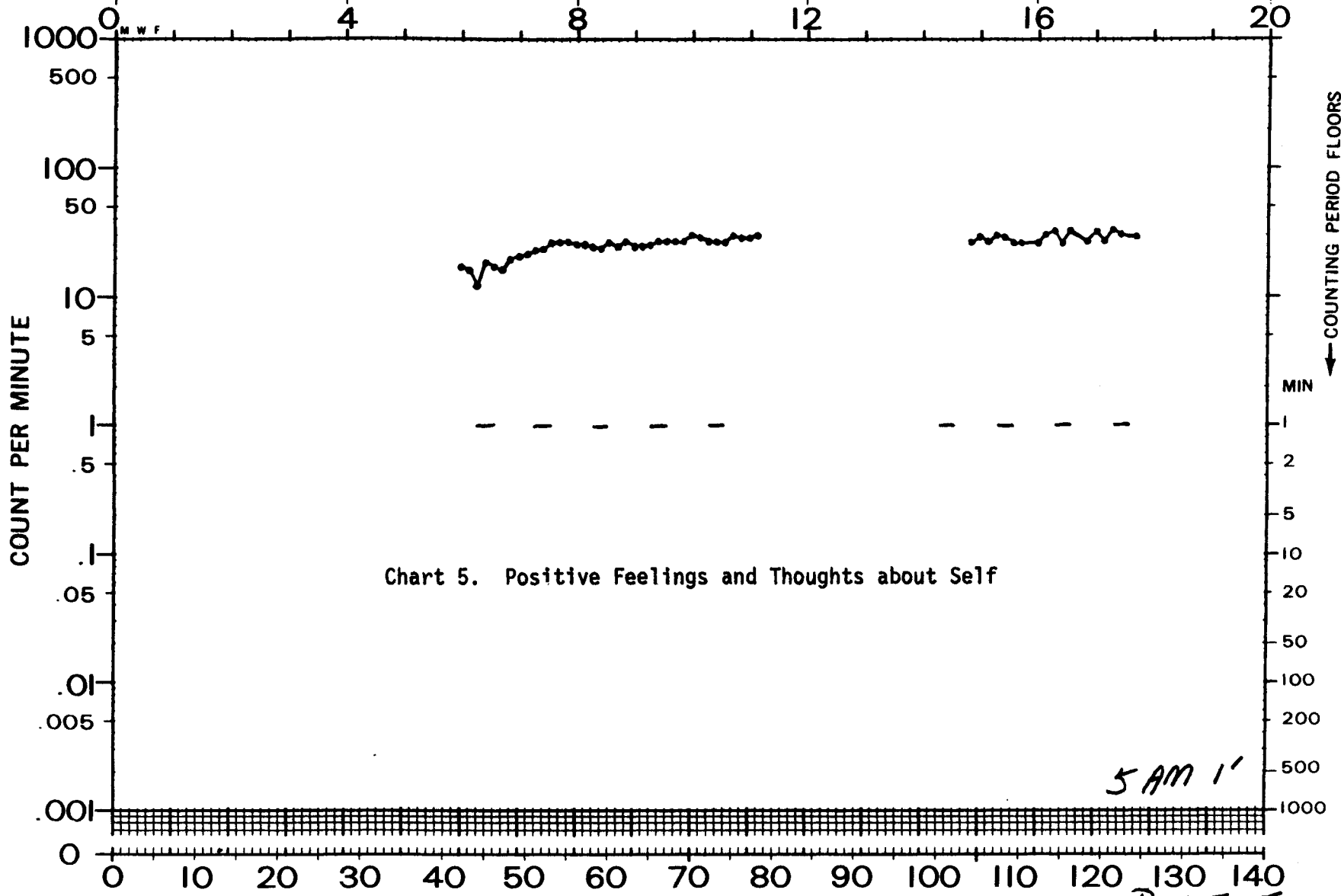


Chart 5. Positive Feelings and Thoughts about Self

Calkin, Abigail B. One minute timing improves inners. *Journal of Precision Teaching*, Volume II, Number 3, Fall, 1981.

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SUPERVISOR A. CALVIN ADVISER A. CALVIN MANAGER ABIGAIL SUCCESSIVE CALENDAR DAYS ABIGAIL AGE 36 LABEL COUNTED POSITIVE FEELINGS + THOUGHTS ABOUT SELF

DEPOSITOR \_\_\_\_\_ AGENCY \_\_\_\_\_ TIMER \_\_\_\_\_ COUNTER ABIGAIL CHARTER ABIGAIL



28 AUG 77  
 DAY MO YR

CALENDAR WEEKS  
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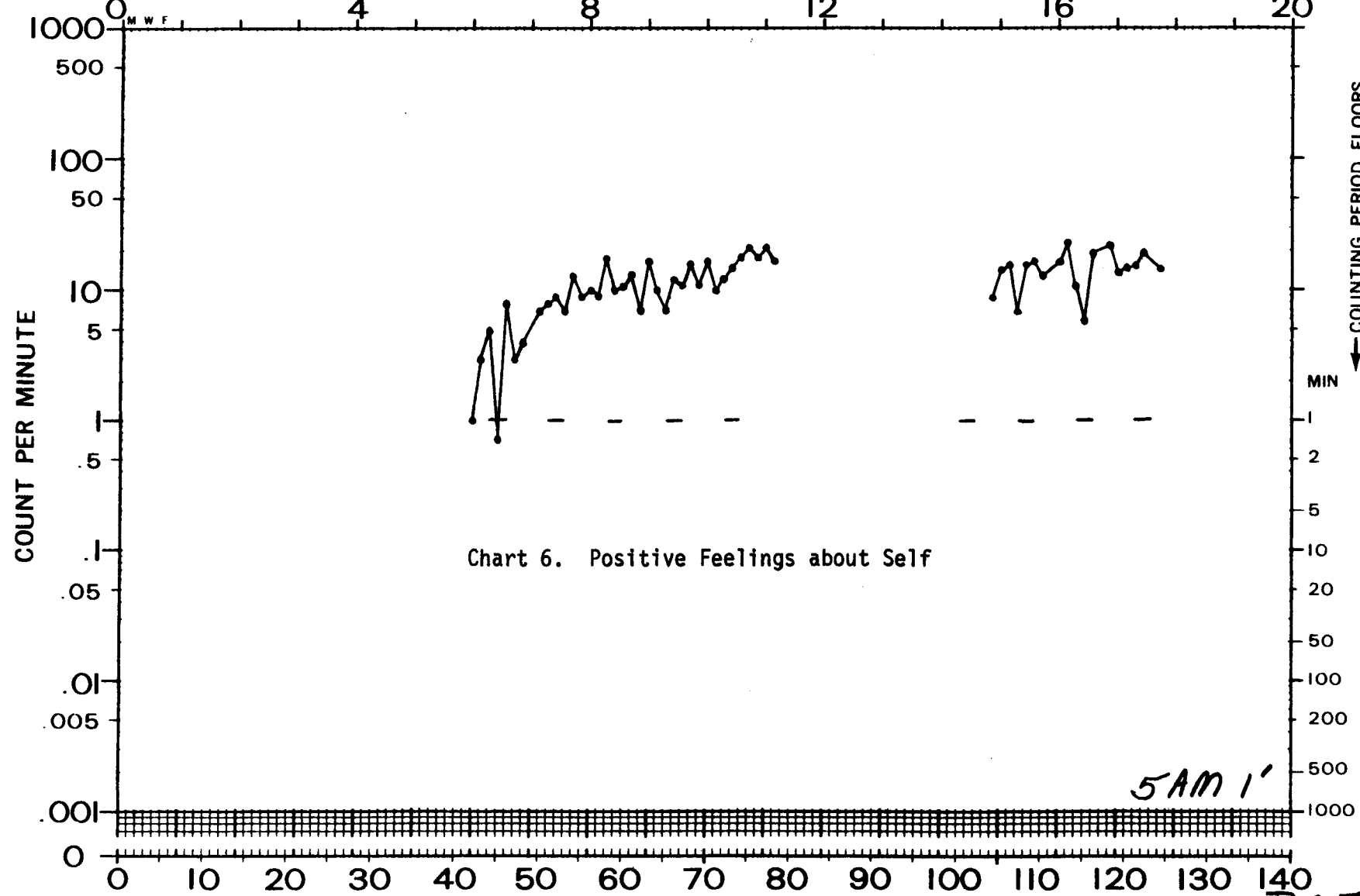


Chart 6. Positive Feelings about Self

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<u>A. CALKIN</u>	<u>A. CALKIN</u>	<u>ABIGAIL</u>	<u>SUCCESSIVE CALENDAR DAYS</u>		<u>ABIGAIL</u>	<u>36</u>	<u>POSITIVE FEELING</u>
SUPERVISOR	ADVISER	MANAGER			BEHAVIOR	AGE	COUNTED
<u>DEPOSITOR</u>	<u>AGENCY</u>	<u>TIMER</u>	<u>ABIGAIL</u>	<u>ABIGAIL</u>	<u>ABIGAIL</u>	<u>CHARTER</u>	<u>ABOUT SELF</u>
			COUNTER				

CALENDAR WEEKS

28 AUG 77  
 DAY MO YR

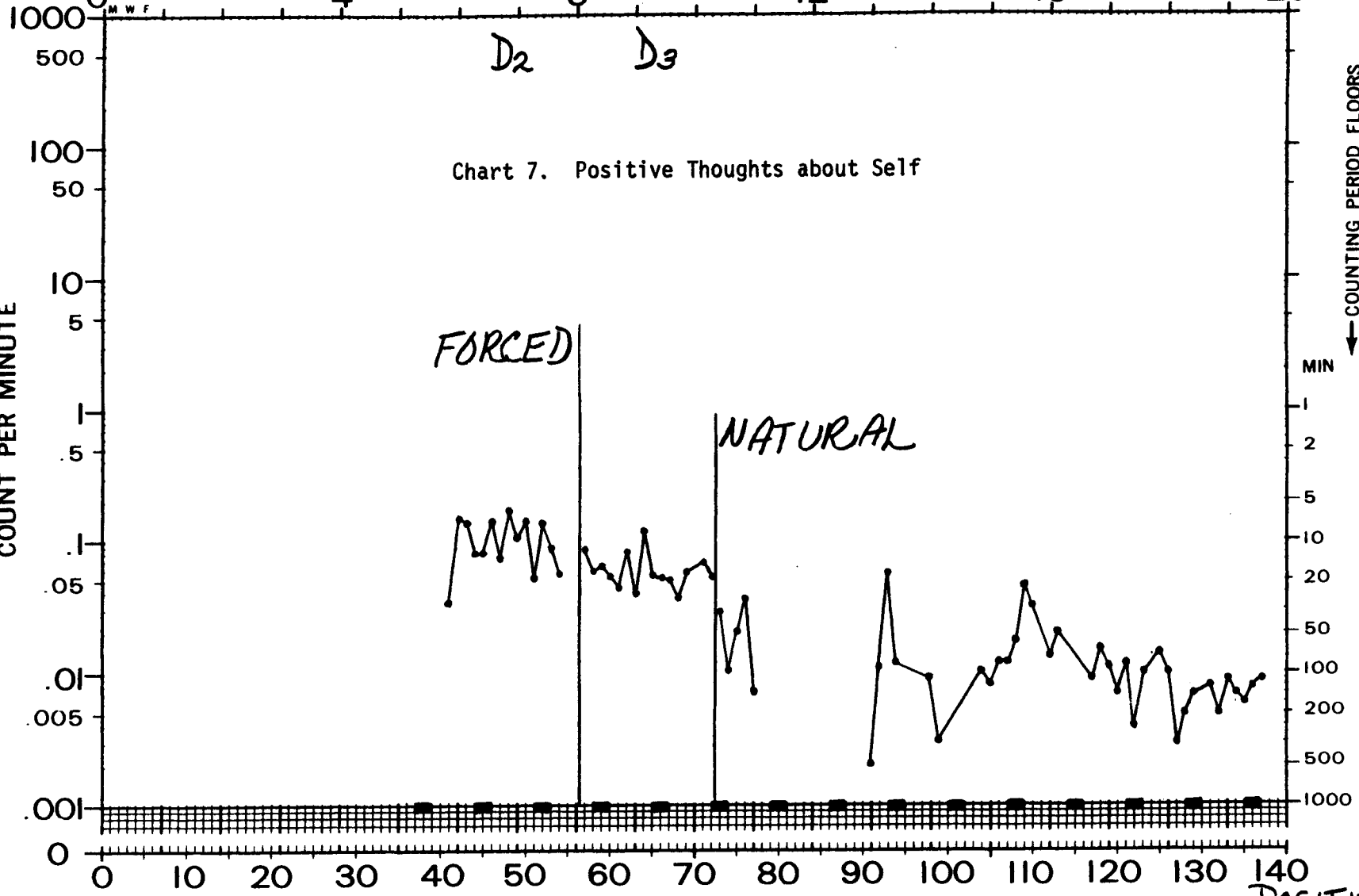
25 SEP 77  
 DAY MO YR

23 OCT 77  
 DAY MO YR

20 NOV 77  
 DAY MO YR

18 DEC 77  
 DAY MO YR

15 JAN 78  
 DAY MO YR



18

<u>A. CALKIN</u>	<u>A. CALKIN</u>	<u>ABIGAIL</u>	SUCCESSIVE CALENDAR DAYS	<u>ABIGAIL</u>	<u>36</u>	POSITIVE THOUGHTS
SUPERVISOR	ADVISER	MANAGER		BEHAVIOR	AGE	LABEL
				<u>ABIGAIL</u>		COUNTED
DEPOSITOR	AGENCY	TIMER		COUNTER	CHARTER	ABOUT SELF

Calkin, Abigail B. One minute timing improves inners. *Journal of Precision Teaching*, Volume 11, Number 3, Fall 1, 1981.

CALENDAR WEEKS

28 AUG 77  
 DAY MO YR

8 SEPT 77  
 DAY MO YR

23 OCT 77  
 DAY MO YR

7 NOV 77  
 DAY MO YR

18 DEC 77  
 DAY MO YR

15 JAN 78  
 DAY MO YR

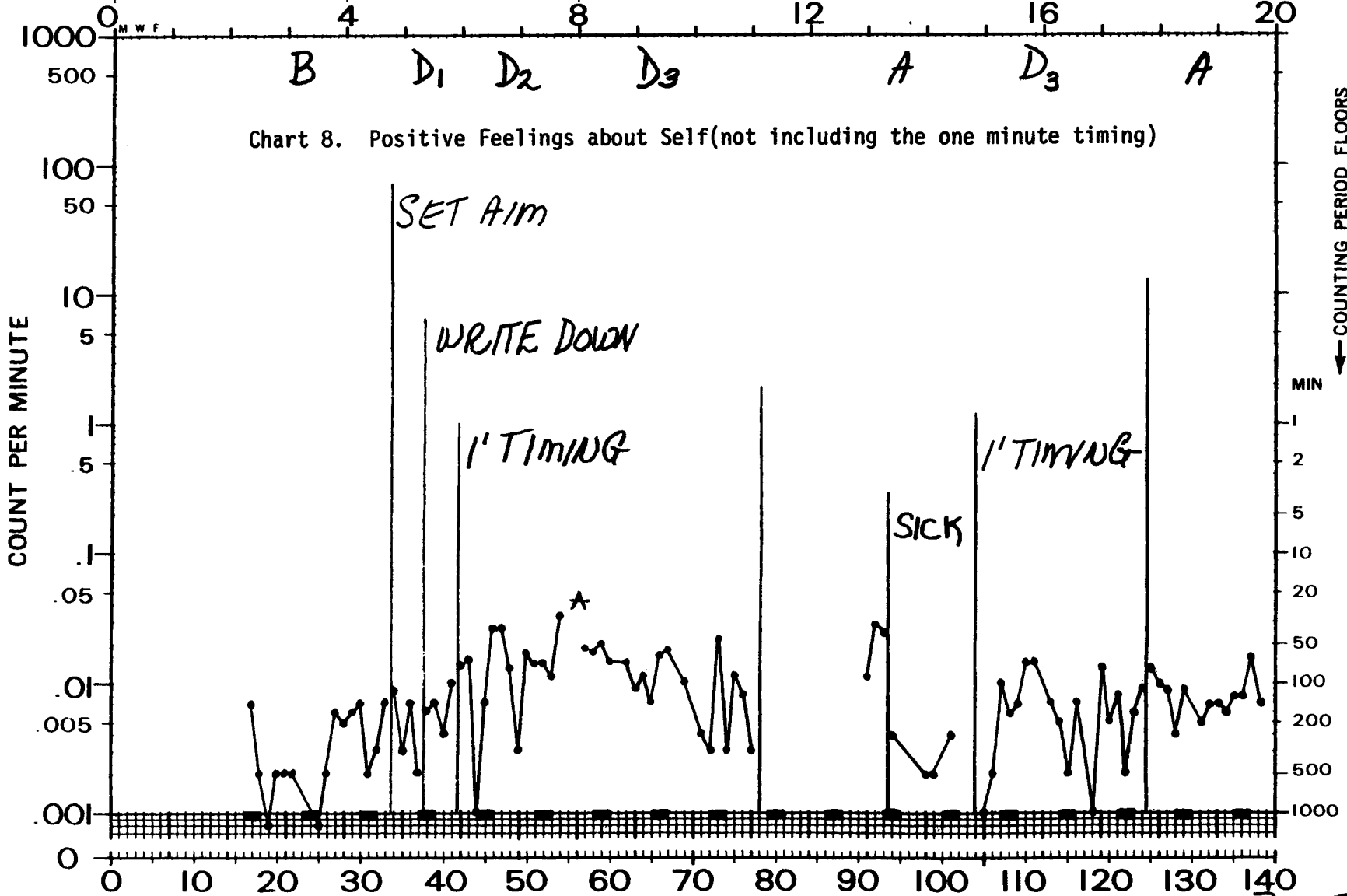


Chart 8. Positive Feelings about Self(not including the one minute timing)

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A. CALKIN	A. CALKIN	ABIGAIL	SUCCESSIVE CALENDAR DAYS	ABIGAIL	36	POSITIVE FEELINGS
SUPERVISOR	ADVISER	MANAGER		BEHAVIOR	AGE	COUNTED
				ABIGAIL		ABOUT SELF
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER	

feelings increased and the median doubled during the phase when I was doing the 1 minute timing. The frequency of negative feelings decreased to a median of zero.

On October 15, I realized that none of the times I had written "intelligent" were asterisked. In fact, I had never felt intelligent in my life. I decided to sit down and think about being intelligent until I felt it. I practiced each day. On October 17, I had an "intelligent" feeling which lasted about 1 second. Realizing I could learn to feel anything, I capitalized on that and concentrated on feeling intelligent and lengthening the duration of other positive feelings.

It was during this phase that I had my first feelings of self-confidence, of value, of self-worth. I ceased to feel that something was "wrong" with me.

### During 3

During 3 occurred after I reached the goal. The 1 minute timings continued. The changes were in positive and negative thoughts. I began discussing the negatives with my husband and the psychologist.

After having a negative thought, I still continued to consequte it by thinking positive thoughts. However, I did not force as many. I also did not consciously think other positive thoughts about myself during the day. This was not a planned change.

### A Return to During 3

I began an after-phase at the end of November. However, three days into the phase I became ill. My positive feelings went down and my negative feelings went up. The increase in negative feelings was not recorded because I could not tolerate seeing a setback on the Chart. There were five days in the beginning of December when I intentionally did not record these negative feelings. I recorded the zero days because they felt reinforcing. The frequencies on the ignored days were as high as five and six a day. I did this project for personal, not scientific, reasons. If I had done the project for scientific reasons, I would have counted these negative feelings.

I then returned to counting positive, negative, and skipped feelings all day, positive thoughts all day, and doing the 1 minute timing. I continued this for three weeks.

### After

The last two weeks of Charts 1, 2, 3, and 8 show the after-phase. I did not count negative thoughts then because I was so unaware of having any. The importance of recording the actual frequency of negative thoughts did not occur to me.

A spot check 18 months later showed positive feelings maintaining at about ten per day and negative feelings maintaining at zero.

### Comments and Conclusions

I considered the project completed because I felt good about myself for the

first time in my life. Twenty-two of the 24 positive thoughts I wrote on my list in During 1 had now become positive feelings. Fourteen of the 18 initial negative thoughts and feelings were no longer there. The remaining four I viewed as potential improvement areas, not as feelings or thoughts of personal inadequacy.

As shown in Charts 2 and 3, the most critical aspect of the 1 minute timing may be reducing negative feelings and thoughts. Both occur so infrequently that I no longer count them. I would estimate that negative feelings occur once or twice a year, negative thoughts perhaps once or twice a month. Although I no longer count positive feelings either, there are days when I am aware of having six or seven. Because of the low frequency of negative feelings, I easily tolerate a lowered positive feeling frequency.

It is also possible that the aim had the greatest effect on increasing the positive feelings. The 1 minute timing served to decelerate the negative feelings to zero.

Eight other people have counted positive and negative feelings and then done a 1 minute timing as an intervention. Six of them showed that while a 1 minute timing may not affect positive feelings, it does decelerate negative ones. All these data need further analysis prior to publication.

The discouragement of which Virginia Woolf speaks is that of society on the mind of the artist, specifically a woman as an artist. The discouragement I speak of is that which occurs when an individual feels negatively about herself or himself.

I think I have come very close to measuring the effect of a type of discouragement on the mind of one individual. Virginia Woolf was perceptive enough to make her statement in 1929. Unfortunately, it has taken this long to approach accurate measurement of emotions and thoughts, their interrelations, and the effects of external events on them.

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Abigail Calkin is the Assistant Principal of Capital City High School, Topeka Public Schools, 2700 West Sixth Street, Topeka, Kansas 66606.