

SOCIAL STORY SPITTING Printable PDF

Social Story Spitting

Social Story Spitting: Understanding and Navigating a Unique Social Behavior

social story spitting is a term that might sound unusual at first, but it relates to a

fascinating and sometimes challenging social behavior often observed in children, especially those on the autism spectrum. This behavior involves a person, typically a child, repeatedly telling or "spitting out" social stories – narratives that describe social situations, expected behaviors, or routines. Understanding social story spitting can open doors to better communication strategies, improved social skills, and more empathetic interactions.

In this article, we'll explore what social story spitting is, why it happens, how it fits into broader social learning, and practical tips for caregivers, educators, and therapists to support individuals exhibiting this behavior.

What is Social Story Spitting?

At its core, social story spitting refers to the repetitive recitation or retelling of social stories. Social stories themselves are short, descriptive narratives designed to explain social contexts, expected behaviors, and appropriate responses in a clear and concrete way. They are widely used as a teaching tool for children with autism spectrum disorder (ASD) and other developmental challenges.

When someone "spits" a social story, they might repeatedly say the same social narrative verbatim, sometimes in contexts where it seems out of place or overly rehearsed. This repetition can be a way for the individual to process social information, reduce anxiety, or feel more in control of social interactions.

The Role of Social Stories in Autism and Social Learning

Social stories were developed by Carol Gray in the early 1990s as a way to help children with autism understand social cues and expectations. These stories break down complex social events into manageable, predictable steps, making abstract concepts more tangible.

For many children, reciting these stories aloud becomes a comforting routine. They serve as a script that guides how to behave or respond in certain situations. However, when the repetition becomes excessive or disconnected from the immediate social context, it's often referred to as social story spitting.

Why Do Individuals Engage in Social Story Spitting?

Understanding the reasons behind social story spitting helps caregivers and educators respond with empathy and effective strategies rather than frustration.

Anxiety and Predictability

Many children with ASD experience high levels of anxiety in social situations due to unpredictability. Repeating social stories can be a self-soothing mechanism, providing a sense of control and predictability. It's a way to mentally rehearse what might happen, which reduces uncertainty and stress.

Communication and Expression

In some cases, social story spitting serves as a form of communication. If an individual struggles with spontaneous social interaction or expressive language, repeating familiar stories can be their way of participating in conversation or sharing their understanding of social norms.

Processing Social Information

Social story spitting may also reflect how the brain processes social information differently. Repetition helps reinforce learning and comprehension. For some, verbal repetition is a natural cognitive strategy to internalize social rules and expectations.

Recognizing Social Story Spitting in Everyday Life

It's important to distinguish social story spitting from other repetitive behaviors or echolalia (the repetition of phrases or sounds from others). While echolalia might involve repeating questions or comments, social story spitting is specifically the recitation of structured social narratives.

Signs to look for include:

Repeatedly saying the same social story or parts of it in various settings

1.

Using social stories as a response to social prompts or questions

2.

Showing comfort or calmness during or after reciting social stories

3.

Difficulty transitioning away from the recitation to other types of conversation

4.

Observing these patterns can help caregivers identify when social story spitting is occurring and tailor their support accordingly.

How to Support Someone Who Engages in Social Story Spitting

When social story spitting becomes frequent or interferes with social interaction, there are several strategies to help guide the individual toward more flexible communication.

Incorporate Social Stories into Daily Routines

Make social stories a natural part of the day by reading and discussing them in context.

This helps the individual connect the story to real-life experiences, reducing the need for repetitive recitation as a coping mechanism.

Encourage Interactive Storytelling

Instead of simply repeating a story verbatim, encourage the person to engage with the story actively. Ask questions about the story's characters, settings, or feelings. This approach promotes comprehension and spontaneous conversation.

Use Visual Supports and Social Scripts

Visual aids such as picture cards, social scripts, or video modeling can complement social stories. These tools give a multi-sensory way to understand social scenarios, potentially reducing verbal repetition.

Teach Alternative Coping Strategies

If social story spitting is rooted in anxiety or stress, teaching relaxation techniques, mindfulness, or other self-regulation methods can be beneficial. Helping the individual identify emotions and use different ways to cope supports overall emotional health.

When to Seek Professional Guidance

If social story spitting persists and significantly impacts social functioning or communication, consulting with professionals such as speech-language pathologists, behavioral therapists, or psychologists is advisable. These experts can conduct assessments and design personalized interventions that address the underlying causes and promote social skills development.

Role of Speech Therapy

Speech therapists can help transition from repetitive recitation to more spontaneous, flexible language use. They often incorporate social stories into therapy sessions to model appropriate social interactions and responses.

Behavioral Interventions

Applied Behavior Analysis (ABA) and other behavioral approaches can help modify repetitive behaviors by reinforcing alternative communication strategies and gradually reducing reliance on story repetition.

The Positive Side of Social Story Spitting

While social story spitting might seem like a challenge, it also highlights the individual's desire to understand and engage with social norms. This repetition shows motivation to

connect, learn, and navigate social worlds.

By recognizing and respecting social story spitting as part of the learning process, caregivers and educators can foster supportive environments where social skills grow naturally. It's a reminder that social communication is complex and that every individual has unique pathways to mastering it.

Social story spitting is just one piece of the intricate puzzle of social development. With patience, understanding, and the right tools, it can be transformed from a repetitive behavior into a bridge toward meaningful social interaction.

Question

Answer

What is a social story about spitting?

A social story about spitting is a short, simple narrative designed to teach children appropriate social behaviors related to spitting, explaining why spitting is generally unacceptable and providing guidance on what to do instead.

Why are social stories effective for addressing spitting behavior?

Social stories are effective because they use clear, concise language and visual supports to help children understand

social expectations, making it easier for them to learn appropriate behaviors like not spitting in social settings.

Who can benefit from

social stories about

spitting?

Children, especially those with autism spectrum disorder or other developmental challenges, who may struggle with social cues and behaviors can benefit greatly from social stories addressing spitting.

How can parents create

a social story about

spitting?

Parents can create a social story by identifying the behavior to address, writing simple sentences that explain why spitting is inappropriate, providing alternatives, and including pictures or visuals to support understanding.

What are some

alternatives to spitting

that can be included in a

social story?

Alternatives to spitting might include using a tissue to blow your nose, swallowing saliva quietly, or excusing yourself to the bathroom if you need to clear your mouth.

Can social stories about spitting be used in schools?

Yes, social stories about spitting can be used in schools to support students in learning and practicing appropriate social behaviors, often incorporated by teachers, counselors, or special educators.

How often should a social story about spitting be reviewed with a child?

Social stories should be reviewed regularly, such as daily or several times a week, until the child understands and consistently demonstrates the appropriate behavior regarding spitting.

Social Story Spitting: An Analytical Insight into a Niche Phenomenon

social story spitting represents an intriguing intersection of narrative creation and

performative expression, often observed within digital communities and specialized social

groups. This phenomenon involves the oral or written delivery of brief, impactful narratives commonly referred to as "social stories" with a dynamic, sometimes rapid-fire style that mimics the cadence of "spitting" in freestyle rap or spoken word performances. While it may initially appear as a niche or subcultural practice, social story spitting encapsulates broader trends in communication, storytelling, and social interaction in the digital age.

Understanding social story spitting requires a nuanced examination of its origins, stylistic elements, and the social functions it serves. This article delves into these dimensions, situating social story spitting within contemporary cultural frameworks and exploring its impact on how stories are shared and consumed.

Defining Social Story Spitting

At its core, social story spitting is a method of storytelling characterized by the rapid, rhythmic, and often improvisational delivery of personal or communal narratives. Unlike traditional storytelling that may favor elaborate detail and measured pacing, social story spitting prioritizes immediacy and emotional resonance. This mode of communication can be found across various platforms, including social media, live performances, and informal gatherings.

The term "social story" typically denotes narratives that reflect shared experiences, cultural values, or social issues. When combined with the verb "spitting," which colloquially refers to the energetic delivery of words, the phrase captures an art form that blends storytelling with performative intensity. This dual nature is essential to

understanding its appeal and function.

Origins and Cultural Context

Social story spitting draws inspiration from multiple traditions, most notably freestyle rap and spoken word poetry. These art forms emphasize rhythm, wordplay, and emotional expression, often addressing social realities and personal experiences. Over time, social story spitting has evolved to include a wider range of voices and narratives, particularly facilitated by digital platforms like TikTok, Instagram, and Twitter.

These platforms encourage concise, attention-grabbing content, which aligns with the rapid delivery style inherent in story spitting. Users employ hashtags, sound bites, and visual elements to enhance their storytelling, creating a multimedia experience that amplifies the impact of their social stories.

Stylistic Features of Social Story Spitting

Several characteristics distinguish social story spitting from other narrative forms:

Rhythmic Delivery: The cadence mimics musical or poetic timing, often matching

1.
beats or background sounds.

Emotional Intensity: Stories are delivered with passion, urgency, or humor to

2.
engage listeners quickly.

Conciseness: Given the constraints of social media platforms, narratives are

often

3.

brief but impactful.

Interactive Elements: Audience engagement through comments, reactions, or

4.

collaborative storytelling is common.

These features collectively create a dynamic storytelling environment where content creators and audiences interact in real time, fostering a community around shared narratives.

Impact on Social Communication

Social story spitting reflects shifting patterns in how stories are told and received in contemporary society. The preference for rapid, emotionally charged narratives mirrors broader trends toward short-form content and instant gratification in media consumption. This shift has implications for attention spans, information retention, and the types of stories that gain prominence.

Advantages of Social Story Spitting

Accessibility: The format lowers barriers to storytelling, allowing diverse voices to

1.

share personal or social experiences.

Engagement: The performative aspect enhances audience connection and

2.

emotional impact.

Community Building: Shared stories foster solidarity and collective identity

3.

among participants.

Adaptability: The format is versatile, suitable for various topics ranging from social

4.

justice to humor.

These strengths make social story spitting a powerful tool for cultural expression and social awareness, especially among younger demographics.

Challenges and Criticisms

Despite its appeal, social story spitting is not without limitations or critiques:

Surface-Level Narratives: The brevity demanded by platforms may lead to

1.

oversimplification of complex issues.

Performance Over Substance: The emphasis on style and delivery can

2.

sometimes overshadow the story's content.

Ephemerality: Stories can quickly disappear in fast-moving digital feeds, limiting

3.

long-term impact.

Exclusivity: The performative skill required may exclude those less comfortable

4.

with rapid or public storytelling.

These factors highlight the need for balance between entertainment and meaningful

communication within the social story spitting paradigm.

Social Story Spitting Across Platforms

The evolution of social story spitting is closely tied to the rise of digital media. Each platform offers unique affordances that shape how stories are crafted and experienced.

TikTok and Instagram Reels

Short video formats on TikTok and Instagram Reels provide an ideal venue for social story spitting. Creators use visual cues, music, and concise narration to produce compelling stories that resonate within seconds. The algorithms favor engaging content, encouraging creators to innovate with delivery styles and topics.

Twitter Threads and Spaces

While Twitter is traditionally text-based, its thread feature allows for serialized social story spitting. Users share a sequence of connected tweets that build a narrative with rhythm and pacing. Twitter Spaces, the audio chat feature, introduces a live element where storytellers can "spit" their social stories in real time, fostering immediate interaction.

Live Performances and Community Events

Beyond digital platforms, social story spitting thrives in live contexts such as open mic nights, storytelling festivals, and community workshops. These settings emphasize the oral tradition of storytelling, providing a space for authentic engagement and skill development.

Future Directions and Cultural Significance

As social story spitting continues to gain traction, its role in cultural discourse and social dynamics is poised to expand. The blending of storytelling with performative elements aligns with broader trends in media convergence and participatory culture.

Emerging technologies like virtual and augmented reality may further transform social story spitting, enabling immersive narrative experiences that deepen audience involvement. Additionally, the growing emphasis on inclusivity and diverse representation in media suggests that social story spitting could become a vital platform for marginalized voices.

In essence, social story spitting exemplifies the evolving nature of storytelling in the digital age where brevity meets expressiveness, and narratives are both personal and communal. Its ongoing development will likely influence not only how stories are told but also how communities connect and understand each other in an increasingly interconnected world.

social story, spitting behavior, social skills, behavior management, social communication, autism support, social stories for kids, behavior intervention, spitting prevention, social learning

Social Perception And Social Reality

Social Perception And Social Reality

****Understanding Social Perception and Social Reality: How We Interpret the World Around**

Us**

social perception and social reality are concepts that shape the way we understand

our interactions, communities, and the broader society. These ideas are deeply intertwined yet distinct in their influence on human behavior and social dynamics. When we talk about social perception, we refer to the process by which individuals interpret and make sense of others and social situations. Social reality, on the other hand, encompasses the collective understanding and shared norms that create the environment in which these perceptions take place.

Exploring how social perception influences our interpretation of social reality reveals the complexities of human social life. In this article, we will delve into the nuances of these concepts, uncover their psychological underpinnings, and discuss their impact on everyday interactions and societal structures.

What Is Social Perception?

Social perception is essentially the lens through which we view other people and social cues. It involves recognizing and interpreting behaviors, emotions, intentions, and social roles. This process is fundamental to how we navigate social settings—from casual conversations to professional environments.

The Psychology Behind Social Perception

At its core, social perception is a cognitive function. Our brains constantly gather information from facial expressions, tone of voice, body language, and context to form impressions. This ability helps us quickly assess whether someone is friendly, trustworthy, or potentially a threat.

However, this process is not foolproof. Biases, stereotypes, and past experiences heavily influence social perception. For instance, confirmation bias might lead us to focus on information that supports our pre-existing beliefs about a person or group, while ignoring contradictory evidence.

Factors Affecting Social Perception

Several elements shape how we perceive others socially:

Cultural background: Different cultures have varying social norms, which influence how behaviors are interpreted.

Personal experiences: Our history with similar situations or people colors our perception.

Emotional state: Being stressed or happy can alter how we interpret social cues.

Context: The environment or situation provides important clues that affect perception.

Understanding these factors helps explain why two people might perceive the same social event in entirely different ways.

Decoding Social Reality

While social perception focuses on individual interpretation, social reality is about the shared, often collective, understanding of the social world. It is the "reality" that emerges from agreed-upon norms, values, and patterns of behavior within a society or group.

The Construction of Social Reality

Social reality is not a fixed entity; rather, it is constructed through communication, interaction, and socialization. Sociologists like Peter L. Berger and Thomas Luckmann have famously argued that reality is socially constructed—meaning that what we accept as "real" is shaped through social processes.

For example, concepts like money, laws, or gender roles exist because society collectively agrees on their meaning and value. These shared beliefs create a framework within which individuals operate.

How Social Reality Influences Behavior

Because social reality defines what is normal or acceptable, it heavily influences individual and group behavior. People tend to conform to societal expectations to fit in and avoid social sanctions.

In workplaces, schools, or communities, social reality dictates codes of conduct, roles, and interactions. It also shapes institutions and policies, which in turn reinforce the social reality further.

The Interaction Between Social Perception and Social Reality

Understanding the relationship between social perception and social reality offers

valuable insight into how societies function and evolve.

Perception Shapes Reality?and Reality Shapes Perception

There is a dynamic feedback loop between the two. Our social perceptions influence how we engage with others and interpret social norms. Simultaneously, the prevailing social reality guides what we expect and accept as normal.

For example, if a community perceives a particular behavior as threatening, this perception can lead to social changes?such as increased security measures or policy reforms?that alter the social reality. Conversely, established social realities, like cultural norms, shape how we perceive individuals who conform or deviate from them.

Challenges Arising from Misaligned Perceptions and Realities

Misunderstandings and conflicts often arise when social perceptions are out of sync with the actual social reality or when diverse groups hold conflicting realities.

Consider stereotypes and prejudices?they stem from distorted social perceptions that do not align with the true complexity of social groups. These misperceptions contribute to social divisions and discrimination.

Moreover, social realities are not uniform; marginalized groups may experience a different social reality than the dominant culture, leading to tensions and calls for social change.

Applications and Implications of Social Perception and Social Reality

Exploring these concepts is not just an academic exercise?it has practical implications

across various fields and everyday life.

In Communication and Relationships

Being aware of how social perception works can improve interpersonal communication.

Recognizing that our interpretations may be biased or incomplete encourages empathy and open-mindedness.

For example, when conflicts arise, questioning our initial social perceptions can lead to more constructive dialogue rather than misunderstandings.

In Marketing and Media

Marketers and media professionals often leverage social perception to influence consumer behavior. By shaping narratives and images, they can alter or reinforce social realities—for instance, by normalizing certain lifestyles or products.

Understanding this dynamic is crucial for consumers to critically evaluate media messages and for creators to communicate ethically.

In Social Justice and Policy Making

Acknowledging the diversity of social realities is key to creating inclusive policies.

Policymakers who understand how different communities perceive social issues can design interventions that resonate and address real needs.

Similarly, challenging harmful social perceptions—such as stereotypes—can foster social cohesion and equity.

Tips for Navigating Social Perception and Social Reality

Living in a complex social world means constantly interpreting and adapting. Here are

some tips to navigate this effectively:

Practice self-awareness: Reflect on your own biases and how they might shape

1.

your social perceptions.

Seek diverse perspectives: Engage with people from different backgrounds to

2.

broaden your understanding of social realities.

Question assumptions: Before forming judgments, consider the context and

3.

potential alternative interpretations.

Communicate openly: Clarify misunderstandings through honest conversations to

4.

align perceptions.

Stay informed: Educate yourself about social norms, cultural differences, and

5.

current social issues.

By adopting these strategies, you can foster more accurate social perceptions and contribute positively to the shared social reality.

Navigating the interplay of social perception and social reality reveals the richness of human social experience. It reminds us that much of what we take for granted as

?normal? or ?true? is shaped by collective understanding and individual interpretation.

Embracing this complexity can lead to greater empathy, better communication, and a more inclusive society.

Question

Answer

What is social

perception?

Social perception is the process by which individuals form impressions and make judgments about other people and social situations based on observed behavior, facial expressions, and other social cues.

How does social

perception in?uence

social reality?

Social perception in?uences social reality by shaping how individuals interpret and respond to social interactions, which collectively constructs shared understandings and norms within a society.

What factors a?ect

social perception?

Factors affecting social perception include individual biases, cultural background, past experiences, context, and the characteristics of the person being perceived, such as appearance and behavior.

What is the difference between social perception and social reality?

Social perception refers to how individuals perceive and interpret others and social cues, while social reality is the collectively agreed-upon understanding and norms that emerge from these perceptions within a society.

How do stereotypes impact social perception?

Stereotypes can lead to biased social perception by causing individuals to make generalized assumptions about others based on group membership rather than individual characteristics.

Can social perception be changed or

improved?

Yes, social perception can be improved through increased awareness, education, exposure to diverse groups, and critical reflection on one's own biases and assumptions.

What role does social

media play in shaping

social perception and

social reality?

Social media shapes social perception by influencing the information and images people are exposed to, which can alter their judgments about others and contribute to the formation of social realities based on shared digital experiences.

How does social

perception relate to

social identity?

Social perception is closely linked to social identity as it involves recognizing and interpreting characteristics related to group memberships, which contributes to how individuals see themselves and others within social categories.

****Navigating the Complex Interplay Between Social Perception and Social Reality****

social perception and social reality are two interrelated yet distinct concepts that

shape human interaction and societal structures. While social perception refers to the ways individuals interpret and understand the behaviors, intentions, and characteristics of others, social reality pertains to the shared and objective aspects of society that exist beyond individual interpretation. The dynamic tension between what people perceive and what actually exists in a social context influences everything from interpersonal relationships to public policy.

Understanding this interplay is crucial for sociologists, psychologists, policymakers, and anyone interested in the mechanisms that govern social behavior and societal development. This article explores the nuances of social perception and social reality, their implications, and how discrepancies between the two can affect social cohesion, communication, and decision-making.

Defining Social Perception and Social Reality

What is Social Perception?

Social perception involves the cognitive processes through which individuals form impressions and make judgments about others in their social environment. It encompasses interpreting verbal and nonverbal cues, assigning motivations, and predicting future behavior. This phenomenon is influenced by factors such as cultural background, personal experiences, cognitive biases, and social stereotypes.

For example, when meeting someone new, a person might automatically assess their trustworthiness or competence based on facial expressions, tone of voice, or attire. These rapid evaluations, while often unconscious, play a significant role in shaping social interactions.

Understanding Social Reality

Social reality, on the other hand, refers to the collective understanding and agreed-upon norms, institutions, and facts that constitute the social world. Unlike individual perceptions, social reality is maintained through social constructs such as laws, traditions, economic systems, and shared knowledge. It reflects the objective environment in which social interactions occur.

A pertinent example is the concept of money: intrinsically, paper bills have little value, but socially, they represent economic power because of collective belief and institutional enforcement. Thus, social reality is constructed and sustained through consensus and social practices.

The Intersection of Perception and Reality in Social Contexts

How Social Perception Shapes Social Reality

Social perception is not merely a passive reflection of social reality; it actively contributes to constructing and maintaining it. When individuals collectively perceive certain behaviors or events in a particular way, these perceptions can solidify into social facts. Consider the phenomenon of social norms. These unwritten rules guide acceptable behavior within a group or society. Norms exist because people perceive certain actions

as appropriate or inappropriate, reinforcing behaviors that align with collective expectations. Over time, these perceptions crystallize into social reality, influencing laws, policies, and cultural standards.

For instance, attitudes toward gender roles have evolved dramatically over the past century. Shifts in social perception about equality and identity have influenced changes in social reality, such as workplace policies and legal rights.

The Discrepancy Between Perception and Reality

A notable challenge arises when social perception diverges significantly from social reality. Misperceptions can stem from misinformation, stereotypes, or cognitive biases, leading to misunderstandings and social conflict.

An example is the disparity between public perception of crime rates and actual crime statistics. Media coverage often amplifies fear by focusing on violent incidents, creating a perception that crime is rampant, even when data indicates a decline. This gap influences public opinion and policy decisions, sometimes resulting in unnecessary fear-driven legislation.

Similarly, social perception affected by implicit biases can distort interactions in professional or social settings, undermining equity and inclusion efforts. Recognizing and addressing these discrepancies is essential for fostering more accurate social understanding and effective societal functioning.

Factors Influencing Social Perception

Cognitive Biases and Heuristics

Human cognition relies on shortcuts to process complex social information efficiently.

While heuristics simplify decision-making, they also introduce biases such as the confirmation bias, where individuals favor information that confirms their preexisting beliefs, or the fundamental attribution error, where people overemphasize personality traits rather than situational factors in explaining behavior.

These biases systematically skew social perception, often reinforcing stereotypes and perpetuating social inequalities.

Media and Information Ecosystems

In the digital age, media plays a pivotal role in shaping social perception. News outlets, social media platforms, and entertainment often frame issues in ways that influence public opinion. The rise of echo chambers and misinformation campaigns further complicates the landscape, sometimes distorting social reality in collective consciousness.

Cultural and Social Context

Cultural background profoundly impacts social perception by shaping the interpretative frameworks individuals use. For example, eye contact signifies attentiveness in some cultures but may be considered disrespectful in others. Recognizing these cultural variations is vital in globalized social and professional environments.

Implications of Social Perception and Social Reality Dynamics

In Interpersonal Relationships

Accurate social perception is foundational for empathy, trust, and effective

communication. Misreading social cues or intentions can lead to conflicts or social isolation. Conversely, heightened social awareness can improve relationship quality and social networks.

In Organizational Behavior

Organizations rely on shared social reality to function smoothly. However, employees' perceptions about leadership, fairness, and workplace culture affect morale and productivity. Discrepancies between management's portrayal of reality and employees' perceptions can result in disengagement or turnover.

In Public Policy and Social Change

Policymakers must navigate the complex terrain where public perception influences social reality and vice versa. Effective policy requires understanding how societal beliefs shape behaviors and expectations. Campaigns to shift public perception such as anti-smoking initiatives or climate change awareness are instrumental in altering social reality for the better.

Strategies to Align Social Perception with Social Reality

Promoting Media Literacy: Educating the public on evaluating information

1.

sources critically can mitigate misinformation's impact on social perception.

Encouraging Cross-Cultural Dialogue: Engaging diverse groups in conversations

2.

reduces misunderstandings rooted in cultural differences.

Implementing Bias Training: Organizations adopting training programs can

3.

reduce unconscious biases affecting social perception.

Transparent Communication: Clear, honest information from authorities helps

4.

bridge gaps between perception and reality.

The ongoing evolution of society depends on continuous feedback between social perception and social reality. As individuals and institutions become more aware of this interdependence, opportunities emerge to foster more inclusive, accurate, and constructive social environments. This dynamic relationship remains a critical area of study and practical concern in a world increasingly shaped by complex social interactions. social cognition, interpersonal perception, social identity, social norms, group dynamics, stereotype formation, social influence, attribution theory, social constructionism, reality interpretation

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