Appendix 1

Turn checklist 1

NO	Minute	Speaker	Piece of conversation	Т	<u> </u>	Holding the turn	Yieldi ng	
			Conversation	Starting	Taking	Interrup		the
1.	(0:23)	Oprah	OP: Brooklyn, please welcome our WW 2020 visionary conversation, the former First Lady of the United States Michelle Obama. (Applause.) (Michelle Obama entrance.) OP: It's fun hey MB: It's fun	Up √	Taking Over	Interrup		_
		Via Control of the Co	OP: Look at this. Look at this Brooklyn (Applause.) MB: Whoo. OP: Whoo sister does this feel like deja vu all over again for you?. Because you were here wearing those fa:::b Balenciaga gold boots\u00e9. MB: Yeah Barack is	41				
			like.where are those boots? He's like what did you do with those boots?. I was like they're put away honey just settle down.					

2.	(1:33)	Oprah	OP: To think when	MESHA		
2.	(1.33)	Орган	you wear a pair of boots like that .it's-truly like they go to the Michelle museum. Right?↓ MB: That's right ↑ You don't walk around			V

			in the street with that You know you don't do anything with those boots OP: Yeah			
3.	(1:49)	Oprah	OP: But does this feel familiar \rightharpoonup? MB: Oh, it feels good. (Applause.) OP: So I know 20— was 2019 your year or what \rightharpoonup? MB: It was crazy It was unexpected Yes It was a good year \rightharpoonup	IKAN GA	7	√
4.	(2:07)	Oprah	Michelle Obama's bookBecomingI know everybody in here has it. (Applause.) It wasi::t wasn't just the bestselling. memoir book of the year it's the best-selling memoir of all time↑. (Applause.) And what that says to me I think it's like now 11.7 millionprobably 12 million since we've been sitting here. what it says to me is it's such an extraordinary time to be a strong	SE AND THE RESIDENCE OF THE PARTY OF THE PAR		

confident assured and above all else well woman in the world today MB: Absolutely I meanso many people. saw themselves in my story 2:: It's also a time for owning our stories And I think that's part of what resonated with people. 5. 3.16 Michelle MB: I embrace every aspect of who I am because as I've said I like my story I like all the highs and the lows and the bumps in between to OP: Yeah yeah MB: =And I think
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I am because as I've said I like my story I like all the highs and the lows and the bumps in between↓ OP: Yeah yeah
said I like my story I like all the highs and the lows and the bumps in between↓ OP: Yeah yeah
like all the highs and the lows and the bumps in between↓ OP: Yeah yeah
the lows and the bumps in between \underset OP: Yeah yeah
OP: Yeah yeah
VI GS
MB: =And I think
that what we learn
from that is people
are. they they
gravitate to other
people's
vulnerabilities
OP: Mm-hmm.
MB: We we gravitate
to one another when
we see the best and
the worst in ourselves
Because it makes us
feel human You know?
And I think people
connected to the

			humanness of the					
			story\					
6.	3:47	Oprah	OP: What happened					. 1
0.	3.47	Орган	that you could never					V
			have anticipated on					
			the tour? I mean didn't					
			y'all do 30 cities?↓					
			MB: We did 34 cities					
			e::m We did					
			Europee::m you know,					
			e::m a tour in Europe.					
			But I think that—and I					
			won't say that it was					
			surprising because	IR.				
			we're feeling it here,	AND				
		1/-	you know, that people	~				
	3	C A	are hungry for	26	1	7		
	1/2		connection. They're	(Mg)		1		
			hungry for		100			
			community. What's		y.			
			happening here is that					
		7/	there are people	YYY)	AY			
			gathering together.	\leftarrow				
			They're moving					
			outside of their	A P				
			individual lives. And	74				
			the loneliness that can					
			come with social					
			media obsession and					
			Instagram world, we					
			feel lonely. And when					
			we come together in a					
			space like this, you					
			know, whatever the					
			reason. Whether it's to					
			hear about a book or					
<u></u>							j	

			to talk about health or				
			to see Oprah–				
			(applause)–it reminds				
			us that we are not so				
			unalike. And people				
			are hungry for that.				
			And it's that hunger-				
			and I don't take any				
			credit for it. I think we				
			underestimate the				
			desire for people to				
			feel a connection to				
			each other.				
7.	6:17	Oprah	MB: So what I have to	The last	V		
			keep in mind, usually	MAN			
			when I want to go low.	S.			
			it's all about my own	0		7	
			ego. You know↑? It's	(F)		/	
		-	not about solving	200			
			anything It's not about				
			fixing anything. It's		- 77		
			about seeking revenge	VYY)			
			on the thing that	\leftarrow	//		
			happened to you↓				
			OP: Yeah.	H			
			MB: And youOprah	Res			
			when you talk about				
			purpose. and what it's				
			all about? My purpose				
			on this planet is not				
			just to take care of my				
			own little ego.				
8	7:16	Michelle	OP: Yeah, I was		V		
		Obama	gonna ask you that				
			because.(applause)you				
			youyou know?, when				

			you are the rock star				
			that you are and when				
			you're filling stadiums				
			all over the world				
			you're a rock star. Just				
			take it Just take it↓				
			MB: No↑				
			OP : Yes. <i>So</i> when				
			when you are-				
			(applause)–				
			MB: Okay, y'all.				
			OP :-not just rock				
			star. Rock star. Role				
			model. World's most	17:00			
			admired woman	MAN			
9.		Oprah	OP: When you are	٠ (
	7:47	()	that when you carry	95		7	,
		1 =	all of those titles does	(A)	自		
		2	that affect how you	200			
			then make decisions?	T.			
			And is that now a part	677			
		77	of <mark>what you think</mark>	VYY			
			about before you	\leftarrow			
			make a decision or				
			have an intention↓?	4.0			
			MB: I don't know that	7.0			
			it's any <mark>different today.</mark>				
			But I feel like I have a				
			when you I believe				
			that when you are a				
			public figure I believe				
			this that when you				
			have any level of of				
			fame or if you have a				
			platform I believe and				
			I always have believed				

			that I have a				
			responsibility with that				
			platform. And I think				
			about kids I care a lot				
			about young people				
			And I know that what				
			we say what they hear				
			come out of our				
			mouths all of us me in				
			particular because				
			they're paying				
			attention, that it has a				
			lasting effect And I am				
			a mother I'm a mother	100			
			I care about kids first	MAN			
			So I think deeply				
		E	about what kids are			7	
		1 8	hearing me say So yes	(8)		1	
		D	I do I take that very				
			seriously. And I take	The			
			the words that I say to				
			children very seriously	VYY			
			You know when I'm		- //		
			with a young person I				
			want them to hear me I	4 10			
		- 1	want them to hear me	2			
			see them.				
10.	9:11	Oprah	OP : What's the best				
			advice do you think				•
			that you've given your				
			daughters†?				
			MB: Oh gosh I give				
			them so much advice				
			They're so sick of me↓.				
			(Laughter.) You know,				
			now that they're in				

college, I have these	
texting-did I tell you	
to remember some	
little things? Like you	
are eating some green	
things. Aren't you?	
11. 9:29 Oprah OP: What does that	
mean over the years	
that was a running	
theme in your house	
that you said over and	
over\?	
MB: You know. what I	
tell them is what I	
continue to tell	
themselves is that they	
have to walk their own	
walk. You know they	
cannot define	
themselves by looking	
at each other or	
looking at me or their	
dad. They have to take	
the time to get to know	
the time to get to know themselves. Give	
themselves a moment	
to figure out who they	
want to be in the	
world. Not who they	
think I want them to	
be. Not what the rest	
of the world says about	
them. But to really	
think about how they	
want to shape their	
lives and how they	

			want to move in this			
			world. So I don't want			
			them measuring			
			themselves by external			
			influences. And for			
			young girls, that is			
			hard to do.			
			OP : Oh, yeah.			
12.	10:30	Oprah	OP : It's I don't know.			ı
			It's exponentially			$\sqrt{}$
			difficult when you're			
			comparing yourself			
			with everybody on			
			social media	12-		
		11	MB: Yeah. Yeah. So I	MAN		
			constantly have to	()		
		- E	remind them that they		7	
		1 2	have to live in their	(8)	1	
		6	own skin. And that			
			takes time too And I	Tha		
		1	try to make sure that	637		
		77	they understand that			
			that-that under folding			
		1/1	of understanding who			
			you are it is a journey	4 6		
			of becoming because			
		3	you don't know that in			
			your 20s. You don't			
			know it all in your 20s.			
13.	11:00	Oprah	OP: How did you all			.]
13.	11.00	Орган	do that in the White			V
			House where you have			
			access to everything			
			and everybody in the			
			world\? I think it's			
			difficult for people, no			

in your trajectory, you	
want to do-have a	
better life than your	
parents. You want	
your children to live	
comfortably.	
Everybody does. But	
how do you not spoil	
children when they	
have access to	
everything\?	
MB: It–it was easy for	
us you know, because	IP.
we don't think they	" AN
deserve it.	94
14. 11.33 Oprah MB:It wasn't a	√ V
difficult thing to do.	
You know↑?	
OP: No.	
MB: Not the way me	
an <mark>d Barack were</mark>	Y2)39
raised. I mean, first of	
all, you've got to have	
a mate that shares your	The last of the la
values. Let's start way	
back with who you	
pick. You've got to	
have a good picker.	
Because if you all	
don't come to	
parenting with the	
same kind of values	
and understanding that	
stuff isn't–isn't	
parenting, giving kids	

			things is not-parenting					
			is a verb. It is an					
			active, engaging thing.					
15.	12:16	Michelle	MB : <i>u</i> :: <i>m</i> So we-					
13.	12.10	Obama	you know, we didn't				V	
		Obuma	just show up in the					
			White House. You					
			know? We–I'm					
			Michelle from the					
			South Side of Chicago.					
			I grew up, you know, a					
			little city house. I got					
			nice clothes and					
			jewelry now. But my					
			mother made my	R_{Ab}				
			clothes. You know? I	6				
			mean, we were raised			7		
		1 2	with the, 'that's	(A)		1		
		D	enough.' You know,					
			'you be grateful for	The				
		10	what you have. You	67/	- 7/			
			don't look at the next	VYY				
			thing. You be happy	$\angle <$	- //			
			with what you have.'					
			And that's how we	EA				
			work in the White	7				
			House. That didn't					
			change because we					
			moved to a different					
			house. You know, the					
			house didn't define us.					
			It's the values that					
			defined us.					
			OP: Amen. Amen.					
			(Applause.)					
			MB : So for us↑					

16.	14:24	Michelle	MB:That's when it				. [
10.	14.24						V	
		Obama	hits you It's like we all					
			start choking up It					
			was just like this is the					
			time when I know					
			you're leaving=					
			OP : = <i>Yeah</i> .					
			MB: =And so we all					
			you know try to hold it					
			together We tried to					
			hold it together to get					
			her in the car so she					
			wouldn't start crying.					
			And then me and	100				
			Barack, we bawled	MAN				
			like babies. (Laughter.)	· C				
		T &	You know, Barack has	3		7		
		1 2	that-gets that ugly	(fb)		/		
		P	loud cry, like-		1			
			(indicating)-you		10			
			know? He did that at	600				
			Ma <mark>lia's graduation.</mark>	VYY)				
			Like we're sitting	+<	- //			
			there. He had his	1-7				
			sunglasses on and	- T				
			speeches are	7.	1			
			happening and we're					
			all chatting and we					
			hear–(Indicating.) I					
			look down, like, are					
			you okay? He's, like-					
			(indicating.)					
			(Laughter.) He's gonna					
			kill me for telling that					
			story. Don't tell him.					
			Don't tell him.					

17.	15:36	Oprah	OP: Doesn't the				
			actual energy of the				
			house change?				
			MB: Yeah. It's good.				
			(Laughter.) So what				
			I'm saying is that				
			parenting takes up a lot				
			of emotional space.				
			And, you know, my				
			husband was busy				
			being President. So I				
			don't think he				
			understood-				
			(applause)-how much	112.			
			time-time and energy-	MAN			
			(Applause.)	- 6			
			OP : Don't we wish.	2	4	7	
			Yes.	(M)			
			MB: Yeah.				
			OP : Don't we wish.		y.		
			Yes.	- A			
			Christian Company	YYY	A		
18.	16:47	Oprah	MB :As my mother	\leftarrow	1/		
			used to say, sometimes				
			you-you just need to	H	7/		
			get out there and live				
			your life and have your				
			mistakes where I can't				
			see them. Because I'm				
			tired of watching you				
			walk into the wall <i>and</i>				
			I told you was there//				
			OP: //You don't follow				
			them on social media?				
			MB : Oh, no, no, no.				
			We have a lot of				

	people who do, you			
	know. (Laughter.) No,			
	I'm serious. We have			
	my Communications			
	Director. Every not-all			
	the young people in			
	our lives that I			
	mentored, they all			
	follow the girls. You			
	know, they're brothers			
	and sisters who are			
	grown. It's like they're			
	watching. And they're			
	the ones because it's	77:		
	better for them to be	MAN		
	checked by somebody			
	other than me. I also		7	
1 2	had to learn how to			
	parent with a balance			
	of kids who have			
	Secret Service. Right?			
	What am I saying?	TYPE (
	You don't know what			
	I'm talking about.			
	Right? (Laughter.)	The last		
	You know, when			
	there's Secret Service?			
	It's like you know how			
	that goes. No, you			
	don't. Neither did I.			
	But you're trying to			
	make sure that these			
	men and women who			
	are following them			
	around that the girls			
	can trust. So I had to			

			get my information				
			about what they were				
			doing or not doing just				
			same way everybody				
			else. From other				
			parents and other kids				
10	10.12	Onnoh	_			1	
19.	18:13	Oprah	MB :who will tell			7	
			on each other. You				
			know, that takes-that				
			takes some energy.				
			And now, all that				
			energy I can now place				
			back on me and				
			helping me, you know,	Ik.			
			spend the time figuring	AND			
			out-figuring out my	~			
		T 5	next chapter. You	26	1	7	
			know, how I want to	(All)		1	
			spend the rest of my		100		
			life. What I want to		l l		
			do//	- A	- 77		
		7/	OP: //To choose what	YYY)	A		
			your vision is and	\leftarrow			
			beyond.				
			MB: Exactly.	B	7//		
20.	18:21	Oprah	OP: So do you all		3/		
			actually now have				·
			more time for each				
			other?				
			MB: Yes. More				
			emotional time.				
			OP: Really?				
			MB: More emotional				
			energy. I mean, it's just				
			me and him and Bo				
			and Sunny at dinner.				
<u> </u>]	1	l				

			And there's only-they					
			don't talk, the dogs.					
			We look at each other.					
21.	18:40	Oprah	OP : It will be 28.					
			Right?					V
			MB: It will be 28 this					
			year.					
			OP : 28 years.					
			MB: Yeah. That's real					
			time.					
22.	21:41	Oprah	MB: you may not be					
			right. You may just			1		
			want to get it out and			1		
			have him sitting there					
		11	listening to you get it	MAN				
			out sometimes that	(
			helps. it's like I don't			7		
			know//	(4)		1		
		-	OP: //What did it					
			teach you about	71.				
			yourself?	600				
			MB: I talked about	VYY				
			this It taught me that I	\leftarrow	- //			
			am responsible for my					
			own happiness That I	E P				
			didn't marry Barack	No.				
			for him to make me	-				
			happy No one can					
			make me happy. You					
			know? (Applause.) So					
			my disappointments					
			were about what I					
			thought he should be					
			doing for me, giving to					
			me, which I hadn't					
			really done the work to					
<u> </u>	l	<u> </u>	1				<u> </u>	

			figure out what to I	
			want? And how do I	
			go after what I want on	
			my own? You know, if	
			I'm gonna show up	
			equal in this	
			partnership, I have to	
			be able to make myself	
			happy. And so I had to	
			stop focusing on what	
			he wasn't doing and	
			start thinking about	
			how to carve out the	
			life that I wanted for	II e
		110	myself with or without	AAN C
			Barack. And the more	
		- E	I did that, the more I	
		1 2	succeeded in defining	
			myself for myself, the	
			better I was in my	
			partnership.	
		77	WWW.	
			ATTITIVE	
			ONDIK	
			A DIES	
23.	22:39	Oprah	OP: And isn't that for	
25.	22.39	Орган	you, the cornerstone	
			of your own wellness	
			program is defining	
			your own happiness	
			and working towards	
			that?	
			MB: Well one of the	
			things I said—I said	
			this earlier what tried	

			to tell my girls is walk					
			your walk. You know,					
			that's been my mantra.					
			One thing I do every					
			year, I started doing					
			right after the White					
			House, is taking a-a					
			retreat. And I think					
			some of the people-					
			some of my girlfriends					
			who have gone on a					
			retreat, we go to this					
			place where you're					
			essentially walking for	112				
			four hours. It is-it's	MAN				
			hard. And my friends	(
		T 8	who don't know what	D 5		7		
			it is are usually mad at	(A)		/-		
		-	me by the middle of it.					
24.	25:47	O <mark>pr</mark> ah	OP: What do you					$\sqrt{}$
			appreciate most now	- A				
		7/	ab <mark>out your body</mark>	YYY)	A			
			today?	\leftarrow				
			MB: It's mine. All					
			mine. And it's a	B				
			healthy body that	No.				
			works every day. And					
			I–I try hard not to					
			judge it. And it is					
			different. To me, you					
			have to get to know					
			your body. Because					
			what this body is at 56					
			isn't the–I can't do the					
1				•	1	1	1	
			same thing that I did					

			the same body.				
			·				
25.	27:23	Oprah	MB:-I have to tell		1		
			myself appreciate what				
			God gave you and take	IRA.			
			care of that.	A C			
			OP: Yeah.	_ ~			
		17 8	MB: And be balanced	7.5	To The	7	
		5	about it.	498			
			N n >		60		
26.	22:44	Oprah	OP : I love that. You	E7/	1		1
			have been around				\ \ \
			women-we all have-	YIII			
		1	and men, too, like I'm				
			not gonna say the				
		1	number. And oh, my	II.			
			gosh, I'm turning 40.		_		
			Oh, my gosh, I'm				
			turning 50. You never				
			had any of that?				
			MB: We are so				
			ridiculous as women.				
			You know? We are				
			working with-we were				
			struggling with so				
			much. You know, just				
			the notion, too-the				
L							

			other thing we don't want to talk about our age and then we want to act like we should look like we did when we're 20. You know? When I'm sorry, men, y'all can look any kind of way. You know? And it seems to be okay. It's—I told my daughters, because they're getting older, they start to judge	IR			
27.	28:43	Oprah	we're 20. You know? When I'm sorry, men, y'all can look any kind of way. You know? And it seems to be okay. It's—I told my daughters, because they're getting older,	100	ARSHA T		
28.	30:23	Oprah	OP : We were a little				V

			nervous. We prayed				
			backstage. And that				
			was the first one. And				
			I remember you were				
			anxious. And I read				
			somewhere that you				
			weren't even sure that				
			people would show				
			up-				
			MB: Yes, exactly. I				
			lived in a cocoon of				
			the White House for				
			eight years. I knew				
			sort of kind of that	Te.			
		100	people maybe sort of	MAN			
			liked me. You know?		en all		
		E	Might be interested in			7	
			the book.	(fig.)		/	
29	31:19	Op <mark>r</mark> ah	MB: That's why in the		V		
			book I remind people,	LV~			
			look, people called me	600			
			all kinds of things	VYY)	1		
			when I was-when I	\leftarrow	11		
			was campaigning for				
			Barack, when it was a	T.	1//		
			competition. They	7.0			
			called me unamerican.				
			And this stuff sticks				
			with you. Men talked				
			about the size of my				
			butt. You know, there				
			were people who were				
			telling me I was angry.				
			You know, you–that				
			stuff hurts. You know?				
			And it makes you sort				
			, , , , , , , , , , , , , , , , , , ,				

			of wonder, what are				
			people seeing, you				
			know?				
			OP: Yeah.				
			MB: So that stuff is				
			there. And, look, I'm a				
			black woman in				
			America. (Applause.)				
			And, you know, we're				
			not always made to				
			feel beautiful. You				
			know, we're-you				
			know, so there's still				
			that.	Ite.			
30.	32:42	Oprah	OP: So what can that	TAN O			$\sqrt{}$
			voice possibly be	~			
		T &	saying to you at this	2 6	F	7	
			point that brings self-	(The		1	
			doubt?		100		
			MB: It's always, are		V.		
			you working hard	- A			
		77	enough? Is there-you	VYY)	T		
			know, are you using	\leftarrow	//		
			this platform for a				
			good purpose? Are	1 E			
			you focused on what	2			
			other people need?	-			
			Are you getting outside				
			of your own ego?				
			That's still–we're				
			constantly checking				
			that with the work that				
			we're doing. I mean, I				
			just spent a year on a				
			book tour talking				
			about me. And it feels				
			asset me. rind it reels				

			like, that's enough. Now let's talk about somebody else's story. Where are these girls who are not going to school? Because you know what, in the				
			end, that's why I'm				
31.	33:1	Oprah	here. MB :I'm not here to				
	7		talk about my story or to talk about my journey. I'm here to shine a light on other young women// OP: //That's your big work ahead. MB: That's the big—I feel that's the—that's the work that speaks to me.	IKAN GA	MISHA		
32	36:1 0	Oprah	OP: Do you do breakfast? MB: I generally don't. I'm not a big breakfast person. OP: Yeah.	HA			√
33	36:1 5	Oprah	MB: So I probably wouldn't have breakfast. I would go out on a long walk where I could see the ocean and the mountains and// OP: //You love to hike.			$\sqrt{}$	

			MB: I love to be	
			outside because so	
			much of our lives we	
			don't we don't have	
			the freedom to just be	
			outside anymore	
			because of security.	
34	36:5	Oprah	OP: Do you still	
	5		cook?	
			MB: No. (Laughter.)	
			Not a stick of cooking.	
			(Laughter.) That is not	
			one of the things that I	
			need in defining	The .
		11	myself. I don't need to	TAAN.
			cook. (Laughter.) It's	G.C.
		1	not on my personal	
			list. Now I know,	
		-	Oprah, you like to	
			cook.	
			OP : I like to cook	
		77	when I want to.	YOYOO TO T
35	37:4	Oprah	OP: How do you look	V
	8		after yourself after a	
			bad day? That's	AB
			another one of your	
			journal questions.	
			MB: How do I look	
			after myself after a bad	
			day? I tune out the	
			world that is making	
			me feel bad. Because	
			it's usually something	
			external. I just take a	
			break from what	
			makes me feel bad.	

36.	38:02	Oprah	OP: How much TV do				$\sqrt{}$
			you watch?				•
			MB: I watch TV. But I				
			watch, like–I like				
			HGTV. I want-and I				
			get in this habit				
			because I never				
			wanted to, like, get				
			caught watching				
			something where I				
			would be mentioned or				
			my husband.				
37.	38:22	Oprah	OP: So you don't				$\sqrt{}$
			watch the news? How	III A			,
			do you all monitor	MAN			
			news in your house?	•			
			MB: We get clips and	D 6		7	
			I watch-I get news on	(M)		/	
		_	my feed and I kind of				
			tune-I have a whole		V.		
			communications team.	-			
			So when something	YYY)	1		
			goes down, they will	\leftarrow	//		
			be, like, you need to				
			see this. So I	E			
			generally-and I had to	Alexander Services			
			learn how to do that in				
			the White House.				
			Because if you don't				
			block it out, it can eat				
			you up.				
38.	38:42	Oprah	OP: So if I come to				 $\sqrt{}$
			your house, like the				
			TV is not gonna be on				
			all over the house?				
			MB: No. No.				

			OP : You go to Gayle's				
			house, all the TVs are				
			on.				
			MB: Oh, yeah, no.				
39	39:08	Oprah	OP: But what is your				
	37.00	Optun	favorite TV show?				V
			MB: Oh, I have a lot				
			of favorite TV shows.				
			I love Black-ish and				
			Grown-ish and all the				
			ishes. I love comedy.				
			You know, I started				
			watching Schitt's				
			Creek on Netflix.	IR.			
			Hilarious. It's kind of a	NO			
			takeoff-a modern-day				
		1	takeoff of Green	2.6	The same	7	
			Acres. For young	(Mg)			
			people, that was a				
			show that was on a	1	y .		
			long time ago.				
		77	OP: A long, long time	VYY)			
			ago, ye <mark>ah</mark> .	\leftarrow			
40.	39:52	Oprah	OP: Here's this		1//		
			question. Mrs.	B	7/		
			Kennedy told a story a	The same			
			long time ago about				
			watching a				
			congressman's wife				
			sneaking silverware				
			from the-in her bag at				
			the White House. So				
			I'm wondering if you				
			saw any weird				
			behavior at a White				
			House event?				

			MB: Oh, God, yeah.				<u> </u>	
			People—you know,					
			because people usually					
			are nervous when they					
			come to the White					
			House. So, like, if					
			there's a party, people					
			usually over-drink					
			because they're					
			nervous. Right?					
			Because they don't					
			know what to expect.					
			So you can see-and					
			the drinks at the White	12.				
			House are strong. So	"AN				
			we have seen some	()				
		1	people falling out way	0		7		
		1 2	back. I'm not gonna	(A)		/		
		-	mention any names.					
			But you-we've seen					
			some Spanx and	67/				
			some-(laughter)-stuff.	VYY)				
41.	40:45	Oprah	OP: Okay. Who's the	\leftarrow	7/			
			most fun to sit next to					•
			at a State dinner?	40.				
			MB: Stephen Colbert	2				
			was a fun dinner date					
			because he's so cute					
			and charming and he's					
			smart, so he actually					
			knows what's going on,					
			so-and he'll say things					
			in your ear, you know,					
			that are, like, stop it.					
			We're not supposed to					
			be laughing. So he was					
		<u> </u>	<i>J B</i>					

			a lovely dinner date.				
			And I don't think he				
			knew that he was				
			gonna be sitting next				
			to me. I don't even				
			think he understood				
			why he was invited.				
			(Laughter.) So-he tells				
			the story. He's, like,				
			then he looked up. He				
			looked at his wife and				
			he said I'm sitting next				
			to Michelle Obama.				
			And he said all she	172			
			said was, don't	MAN			
			embarrass me. So I	()			
		T 2	like her.	D 5		7	
42.	41:4	O <mark>pr</mark> ah	MB: That's hard. The	(M)		V	
	4		last new thing I				
		W	mastered. I don't-I'm		l l		
			drawing a blank here.	-			
		7/	Maybe I need to	YYY			
		1//	master s <mark>omething. I'm</mark>				
			just starting yoga, and				
			there are//	H	1/		
			OP://Do you like it?		4		
			MB: I do. I do.				
			Because this is				
			something I need				
			because I'm getting				
			old. So I've got to be				
			flexible. I have to be				
43.	42:1	Oprah	able to touch my toes. OP : <i>I was gonna ask</i>				
45.	7	Opian	you, my next question				
	'		was, what is the last				,
			mas, muu is ute tust				V

	thing you did that				
	made you feel				
	genuinely older?				
	MB: Oh, any				
	conversation with a				
	young person, you				
	know? (Laughter.)				
	Here's one just				
	personal sentiment. I				
	have a godson who,				
	you know, is-just got				
	his permit. And his				
	mother sent me a video				
	of him behind the	112			
	wheel. And that just	MAN			
	tripped me out.				
A S	Because I was, like, no			7	
1 3	one should let that	(A)		/	
	little boy drive.				
	(Laughter.) He's on the				
	road. I mean, he was	69			
	the kind of kid like the	VYY)			
	girls would go over to	\leftarrow	- //		
	his house when they				
	were little and they'd	4.0			
	come back with	72.00			
	scratches on their face				
	because he was a wild				
	little boy when he was				
	little. And I would				
	come home and it's,				
	like, oh, you must				
	have been at-we call				
	him Booch. You must				
	have been at Booch's				
	house because your				

			face is all scratched		
			up. He's driving. That		
			makes me feel old.		
			Seeing the young		
			people in my life–		
			OP: Seeing them like		
			this.		
44	43:5	Oprah	OP: I was asking		
	0		earlier Julianne was		
			out and she was		
			talking about her		
			superpower is dance.		
			What is yours?		
			MB: I don't-you know,	I P	
			I have a hard time	*AN	
			thinking about it as a		
		T 2	superpower. But, you		
			know, I-I hope it's		
		-	making people feel		
			seen. You know, I		
		1/	hope that that's my		
			superpower. That I		
			make the people that I		
			come in contact with		
			feel seen and heard.		
		- 1	Especially young		
		,	people. I hope I have		
			that power to make		
			them feel relevant and		
			whole. You know?		
			And to deliver to them		
			what I didn't have		
			when I was that age.		
			Like the sense of-of		
			importance and		
			relevance in the world.		
			1516 turies in the world.		

			T 1 31 31	I				1
			I hope that's my					
			superpower. I hope my					
			superpower is					
			empathy. You know? I					
			try very hard, even in					
			these times, to					
			understand what					
			people are going					
			through when they're					
			angry or hateful or					
			when they're doing					
			things that just don't					
			feel right. I try to stand					
			in their shoes and say,	100				
		11	there's got to be	MAN				
			something. There's got					
		1	to be a context that I			7		
		1 2	can understand that	(A)		1		
		- P	helps me see how you					
			see the world so that I	The				
		N.	can connect with you		- 77			
			on some level. And I	VYY)				
			think that's one thing	4	7)			
			that's missing in all of	7-7				
			us, you know, is just	B				
			the ability to stand in	49 7 200				
		1 1	somebody else's shoes					
			and understand their					
			pain, their hurt, their					
			fears, their loss.					
45	45:5	Michelle	MB: Yeah I mean				V	
	6	Obama	Look, it it was an				"	
			honor to serve. I mean,					
			it was the the biggest					
			privilege of my life to					
			serve as this nation's					
			Sorre des titts intitotts					

			E: I . A 1 T '11	
			First Lady. And I will-	
			(applause)—and I will	
			continue to work to try	
			to be a person-a	
			person of service. To	
			try to make sure that	
			my life means	
			something to	
			somebody else. But	
			those eight years were	
			hard. I mean, it's a	
			hard job. And it takes a	
			toll. So anything after	
			that, it's like they look	
		11	really happy. And it's,	I AN
			like, yeah. Because it's	C. C.
			not that. (Laughter.)	
		1 2		
46	47:3	Op <mark>ra</mark> h	OP: Do you have a	V
	2	l ()	vision for 2020 and	·
			beyond? Do you see	
		77	it?	VYO O
			MB: Oh, for us as a	
			people?	
			OP: No. For you,	N P
			Michelle Obama.	
			MB: Oh, for me. Oh,	
			for me. Okay, good.	
			That's easier.	
			(Laughter.) For me,	
			the next phase of my	
			journey of becoming	
			is—is really continuing	
			to make sure that what	
			I do has meaning and	
			purpose to somebody	

outside of myself. So vision is-in my particular is to keep helping young people define and build and support that next generation of leaders. To help them understand a broader sense of values that operate they can within. Because I think that we are short on that right now. That our leaders are not paving a good path for what we want our kids to be. I'm just sorry to say that. I don't want to make this political any way. (Applause.) But I think young people hungry for something. And it's time for them to step up and to take the lead because we're getting older. And we need to move out of the way for them. Because they're gonna have answers that we've never thought of. So my hope is that I want to empower young people.

47	50:33	Oprah	OP : You've talked				$\sqrt{}$
			about being 56 and the				•
			shape that you're in.				
			You work at this,				
			though, every day. Do				
			you have a wellness				
			goal or wellness				
			quotient for yourself?				
			MB: It is it is balance				
			And understanding my				
			walk. I've got to				
			under-I'm trying to				
			make sure I understand				
			what healthy means	Transition 1			
		1	for me. Not compared	MAN			
			to the person walking	()			
		- E	next to me. Not the	D 5		7	
			person in the	(A)		/	
			magazine. I'm trying to				
			understand what my		N.		
			blood pressure level	57 A			
		7/	should be and what my	VYY)			
			flexibility should be	\leftarrow			
			and what cardio means				
			for me.	B			
48	52:10	Michelle	MB : How is that? So <i>I</i>	7.0			
		Obama	I want to make it I I				
			want to push these				
			industries to start				
			thinking about us.				
			Women-mature				
			women. So that we're				
			operating with real				
			good information				
			about what we should				
			be wanting. But for				

		me, I have to figure out—in the absence of that information, I've got to seek it out for					
		myself. And stop comparing myself to the woman next to me.					
Total		1	5	8	5	29	



Appendix 2

Turn taking checklist 2

	Turn taking checklist				
No	Name of Turn-taking Strategies	Appear ($x/$)	Piece of conversation	Function	
1.	Taking the Turn:				
	1.1. Starting up				
	1.1.1. A hesitant start	X			
	1.1.2.A clean start	1	Datum 1 (0:23-1:33)	Speaker use clear	
			OP: Brooklyn,	start to give	
		WYS AFT	please welcome	signal for	
		all d	our WW 2020	audience that she	
	N E	I R	visionary	or he ready to	
		V no	conversation, the	<mark>ta</mark> ke a turn.	
			former First Lady	According to	
	77	COM	of the United	Stenstrom,1994	
		20	States Michelle	A clean start	
		UND	Obama.	means when	
			(Applause.)	someone is ready	
			(Michelle Obama	to begin the	
			entrance.)	conversation.	
			OP: It's fun, hey.	The phrases	
			MB: It's fun.	"well," I mean"	
			OP: Look at this.	and "You	
			Look at this,	know""yeah	

Г	T		
		Brooklyn.	"characterize a
		(Applause.)	clean start It is
		MB: Whoo.	generated by the
		OP: Whoo, sister,	speakers when
		does this feel like	they take turns,
		deja vu all over	but only in the
		again for you?	prepared
		Because you were	condition
		here wearing those	
	SPEN	fab Balenciaga	
	All'a.	gold boots.	
		MB: Yeah, Barack	77
E		is, like, where are	
		those boots? He's,	
		like, what did you	
		do with those	
	Da.	boots? I was, like,	
1	3/01	they're put away,	
		honey, just settle	
		down.	
1.2.Taking over			According to
			_
1.2.1.Uptakes	$\sqrt{}$	Minute (6:17)	Stenstrom
		MB: So what I have to	(1994) the
		keep in mind, usually	function taking
<u> </u>	1	I	1

when I want to go low. it's over allows the all about my own ego. You listener to *know*↑?It's not about respond by solving anything It's not giving a about fixing anything. It's comment or about seeking revenge on answering the the thing that happened to utterance said or asked by the you↓ OP: Yeah. speaker. Based MB: AndyouOprah when on conversation you talk about purpose.and above that what it's all about? My contain upstake purpose on this planet is and link, OP not just to take care of my and MB used own little ego. taking over to respond the Minute (11:33) speaker by MB:It wasn't a difficult giving thing to do. You know↑? comment or **OP**: *No*. answering the MB: Not the way me and speaker by Barack were raised. I using upstake mean, first of all, you've and link. got to have a mate that shares your values. Let's

start way back with who
you pick. You've got to
have a good picker.

Because if you all don't
come to parenting with the
same kind of values and
understanding that stuff
isn't-isn't parenting, giving
kids things is notparenting is a verb. It is an
active, engaging thing.

Minute (31:19)

MB: That's why in the book I remind people, look, people called me all kinds of things when I was—when I was campaigning for Barack, when it was a competition. They called me unamerican. And this stuff sticks with you. Men

talked about the size of my butt. You know, there were people who were telling me I was angry. You know, you—that stuff hurts. You know? And it makes you sort of wonder, what are people seeing, you know? OP: Yeah. MB: So that stuff is there. And, look, I'm a black woman in America. (Applause.) And, you know, we're not always made to feel beautiful. You know, we're-you know, so there's still that.

1.2.2.Links	V	Minute (7:16)	
		OP: Yeah, I was gonna	
		ask you that	
		because.(applause) you	
		know?, when you are the	
		rock star that you are and	
	a i	when you're filling	
		stadiums all over the	
	TASPE	world you're a rock star.	
	AST.	Just take it Just take it	
N S	T a	MB: No↑	
B	The state of the s	OP: Yes. Sowhenwhen	
	(2)	you are–(applause)–	
		MB: Okay, y'all.	
		OP :-not just rock star.	
	0	Rock star. Role model.	
1	AV Di	World's most admired	
		woman.	
		Ni: (27, 22)	
		Minute (27:23)	
		MB:–I have to tell myself	
		appreciate what God gave	
		you and take care of that.	
		OP: Yeah.	

	MB: And be balanced	
	about it.	
1.3.Interruption		According to
		Wardhough
1.3.1. Alerts	Minute (16:47)	
1.5.1. Metts	MB :As my mother	(1990) stated that
	used to say, sometimes	the function of
	you–you just need to get	interruption is for
TAS PI	out there and live your life	showing
A ABILLY	and have your mistakes	clarification,
	where I can't see them.	asking for help or
	Because I'm tired of	a question,
	watching you walk into	showing
	the wall and I told you	rejection, and
	was there//	completion. In
Dw.	OP: //You don't follow	data bellow OP
	them on social media?	used interruption
	MB: Oh, no, no, no. We	especially Alert
	have a lot of people who	that conversation
		she used high
	do, you know. (Laughter.)	intonation
	Minute (18:13)	Because she want
	MB :who will tell on	to clarify about
	each other. You know, that	
		l

takes-that takes some MB statement and make it clear energy. And now, all that energy I can now place avoid misunderstanding back on me and helping me, you know, spend the the information time figuring out-figuring delivered in the out my next chapter. You conversation. know, how I want to spend the rest of my life. What I want to do// OP: //To choose what your vision is and beyond. MB: Exactly. Time(21:41) MB: you may not be right. You may just want to get it out and have him sitting there listening to you get it out sometimes that helps. it's like I don't know// OP: //What did it teach

you about yourself?

MB: I talked about this It taught me that I am responsible for my own happiness That I didn't marry Barack for him to make me happy No one can make me happy.

Minute (28:43)

MB: ...That is ridiculous at 56 to think that I should look like I did when I was 36. Or for anyone to judge me like that. Or to judge a woman like that. We—we're aging. And our bodies are//

OP://And we're in a culture where people are trying to stop it.

MB: Yes.

Minute (33:17)

MB :....I'm not here to

talk about my story or to
talk about my journey. I'm
here to shine a light on
other young women//
OP: //That's your big
work ahead.
MB: That's the big—I feel

MB: That's the big—I feel that's the—that's the work that speaks to me.

Minute (36:15)

MB: So I probably wouldn't have breakfast. I would go out on a long walk where I could see the ocean and the mountains and//

OP: //You love to hike.

MB: I love to be outside because so much of our lives we don't we don't have the freedom to just be outside anymore because of security.

			Minute (41:44)	
			MB: That's hard. The last	
			new thing I mastered. I	
			don't–I'm drawing a blank	
			here. Maybe I need to	
			master something I'm just	
			starting yoga, and there	
			are//	
			OP://Do you like it?	
		MASPEN	MB: I do I do Because this	
	, i	A A	is something I need	
		A TI	because I'm getting old So	77
	D	N m	I've got to be flexible. I	
			have to be able to touch	
	77	COM	my toes.	
		777		
	1.3.2.meta- comments	X DAD	KSH	
2	Holding the Turn			The function of
				holding the turn
	2.1.filled pause	V	Minute (12:16)	_
			MB : u::m So we−you	is used by MB is
			know, we didn't just show	to give signal OP
	2.2.Lexical repetition		up in the White House Time (3:16)	that she still
	1		MB : I embrace every	wants to talk and
			aspect of who I am	she use

because as I've said I like upstakeand link my story I like all the in holding the highs and the lows and the According turn. bumps in between↓ to **OP**: Yeah yeah Stenstrom, 1994 **MB**: =And I think that The function of holding the turn what we learn from that is is to give the people are. they they gravitate to other people's signal to listeners vulnerabilities that the speaker **OP**: Mm-hmm. still wants MB: We we gravitate to hold the chance one another when we see speak has the best and the worst in more to say. ourselves Because it makes us feel human You know? And I think people connected to the humanness of the story↓ **Minute (45:56)** MB: Yeah I mean Look, it it was an honor to serve. I mean, it wasthethebiggest privilege of my life to serve

as this nation's First Lady. And I will–(applause)–and I will continue to work to try to be a person-a person of service. To try to make sure that my life means something to somebody else. But those eight years were hard. I mean, it's a hard job. And it takes a toll. So anything after that, it's like they look really happy. And it's, like, yeah. Because it's not that. (Laughter.)

Minute (52:10)

want to make it *II* want to push these industries to start thinking about us.

Women—mature women.

So that we're operating with real good information about what we should be

	wanting. But for me, I
	have to figure out-in the
	absence of that
	information, I've got to
	seek it out for myself. And
	stop comparing myself to
	the woman next to me.
SPEN	DIDIR
all'Ab	a AR
2.3.Silent pause √	Minute (14:24)
\$ 5	MB:That's when it hits
W m	youIt's like we all start
	choking up It was just like
7 0000	this is the time when I
	know you're leaving=
UND	OP: =Yeah.
	MB: =And so we all you
	know try to hold it
	together We tried to hold
	it together to get her in
	the car so she wouldn't
	start crying. And then me
	and Barack, we bawled

man that I fell in love with Who I value= OP :=Aw MB:=and I respect and I trust. (Applause.) He's been an amazing father through so much. He is—he shows up—he has shown up well in the world. And it's— he has been who he promised he would be to me. (Applause.) And so that has been tested over 28 years.	with Who I value= OP :=Aw MB:=and I respect and I trust. (Applause.) He's been an amazing father through so much. He is—he shows up—he has shown up well in the world. And it's— he has been who he promised he would be to me. (Applause.) And so that has been tested over 28 years.
2.4. New start x	t x

3.	Yielding the Floor			
	3.1. Promoting	√		In this
				conversation
				Oprah used
				yielding the
				floor strategies
			A	especially
				promoting, The
		-51	DID	function of
		STAS PER	DIDIKAN	Prompting
		10		strategies is to
	1 2	AL	双的 管	get response
		W (P)		from listener,
				the speaker can
	7	am	777000	make an
		0		prompting in
		UNDI	KSH	order to invite,
				a statement,
				greeting, offer,
				question,
				request, object,
				and apologize
				stenstrom,1994.

3.2.Appealing	1 1	Minute : (1:33)	In this
3.2.1 ippearing	,	OP: To think when you	conversation
		wear a pair of boots like	Oprah used
		that .it's-truly like they go	yielding the
		to the Michelle museum.	floor strategies
		Right?↓	especially
		MB: That's right↑ You	appealing,
		don't walk around in the	according to
		street with that You know	Stenstrom, 1994
	SPEN	you don't do anything with	the function of
	STA	those boots	appealing is to
		OP: Yeah	gives a
5			particular signal
		Minute (18:40)	for the listener
		OP : It will be 28. <i>Right?</i>	to give some
	200	MB: It will be 28 this year.	feedback such
	UND	OP: 28 years.	as "question
		MB: Yeah. That's real	tags," "all
		time.	right," "ok," "
			you know,"
			"you see" that is
			being waited by
			the current
			speaker.

3.3. Giving up strategies	1	<u>Time (2:07)</u>	Giving up
		OP : that because Michelle	strategy is a
		Obama's bookBecomingI	strategy that
			leads the
		know everybody in here	speaker to use
		has it. (Applause.) It	pauses and a
		wasi::t wasn't just the	longer pause in
		bestselling. memoir book	their utterance.
	REL	of the year it's the best-	The function of
	SILVA	selling memoir of all	
		time†. (Applause.) And	giving up
		what that says to me I	strategies is to
	V p	think it's like now 11.7	give a signal to
		millionprobably 12 million	the listener
77	and	since we've been sitting	because the
			speaker realizes
	DND	here.what it says to me is	they have
		it's such an extrao <mark>r</mark> dinary	nothing else to
		time to be a strong	say and believes
		confident assured and	it is time for the
		above all else well woman	
		in the world today	audience to
		MB: Absolutely I meanso	speak
		many people. saw	(Stenstrom,
		themselves in my story 2::	1994).

It's also a time for owning our stories And I think what that's part resonated with people. Minute (30:23) **OP**: We were a little We prayed nervous. backstage. And that was the first one. And I remember you were anxious. And I read somewhere that you weren't even sure that people would show up-MB: Yes, exactly. I lived in a cocoon of the White House for eight years. I knew sort of kind of that people maybe sort of liked me. You know? Might be interested in the book.