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What Is Making Conversation Work

*Text of a speech given by Peter W.T. Bogacki
in March 2026 at a meeting of a public speaking club.*

Catch-22 ... The Cambridge Dictionary definition of **Catch-22** is:-

“an impossible situation where you are prevented from doing one thing until you have done another thing that you cannot do until you have done the first thing”

Bearing that in mind take a moment to consider the answer to this question:-

————— **What is making conversation work?** —————

OK. I'm going to tell you a story about **what is making conversation work**, a story about what disappeared both a **Catch-22** and the damage created by it. And afterwards I'll hold a short Q&A session about the story.

At the age of 6 I lost total trust in use of words in communication. Put simply, use of words in communication no longer worked for me. From that moment on, I couldn't share and validate experience, converse freely, enjoy company, make friends, have fun, experience love, joy, happiness, satisfaction, peace of mind, and get what I truly want in life. I felt alienated, isolated and totally unlovable.

To discover what does make sense and work my mind began focussing almost totally internally, analysing every word, phrase and sentence being used for every possible meaning it could think of. This however didn't work. It simply intensified my confusion. Because in analysing words that it didn't trust my mind was simply coming up with more words that it didn't trust then analysing them and coming up with more words that it didn't trust etc. etc....**Catch-22**...

By my early teens every shred of trust in my ability to use words in communication had been destroyed. So my ability to use words in communication was simply inferior to that of everyone else that I was in conversation with. Every conversation was yet another experience of failure. I couldn't connect. I couldn't get through. As a consequence of this I felt constantly ashamed, inferior to everyone else, and hated the idea and pain of being in company.

Regardless of occasion, meeting, celebration, party, whatever, every day felt the same from the moment I awoke until the moment I fell asleep – full of dread, fear, failure, helplessness, worthlessness and misery. Every day was just another day of existential turmoil, despair and unhappiness. Every night I longed for sleep to arrive and relieve me from the pain of conscious living, isolation, and no fun. I hated being alive.

Finally, at the age of 24 through participation in an Exegesis seminar I expanded my consciousness and re-created my connection to my source, that's my source of experience, and so turned the course of my life 180° around. Finally I had a foundation of trust in those words, phrases and sentences that had made sense and worked for me during the seminar. All other words, phrases, and sentences stored in my memory however still remained in confusion and so my everyday life felt pretty much the same apart from now being conscious of my expanded awareness, my trapped frustration and despair, my anger at, and jealousy of everyone else and their almost-lifelong, free, and taken-for-granted conversational ability.

It took me to the age of 32 before I had my first experience of having a partner and being loved, accepted, and supported for being me. Then at the age of 39 with the support of my second partner I began a full-time activity: working through an agonisingly incremental process of writing about my entire experience while repeatedly sharing and correcting content in order to learn what word, phrases and sentences make sense and work.

This work produced two books. The first, my autobiography, was pretty awful. Then at the age of 44 the second minus an introduction: a complete description of a connection between two fundamental models that make sense and work. Once again all other words, phrases, and sentences stored in my memory remained in confusion and so my everyday life felt pretty much the same as before apart from an intensification of my trapped frustration and despair, anger at, and jealousy of everyone else and their almost-lifelong, free, and taken-for-granted conversational ability.

Being connected to my source I see myself as the creator of my experience, and right now I am re-creating and sharing the essence of it through use words, phrases, and sentences that make sense and work as I push through feelings in opposition to my goal of completion of this story. This process demands creation and use of what I'm calling here a natural English language structure. That's a language structure that contains total responsibility for the creating of my own life, entire experience, and circumstances. Something that normal English language structure is not geared up for.

Finally at the age of 60 with the support of my wife, my third partner, I began work on the introduction to my second book and the following year published the complete book **The Exegesis Programme** (2015). The book is simply a translation of the essence of a complete experience of the programme into a fundamental written form of natural English language structure. Yet again all other words, phrases, and sentences stored in my memory remained in confusion and so much of my everyday life felt the same as before apart from a further intensification of my trapped frustration and despair, anger at, and jealousy of everyone else and their almost-lifelong, free, and taken-for-granted conversational ability.

At the age of 62 in order to clear up my remaining linguistic confusion I began a process of creating, using and learning a conversational form of natural English language structure by writing in that form a series of articles about the essence of my entire experience. Two years later I joined a public speaking club and after having produced each article validated and affirmed the content just as I am doing right now by delivering it as a speech.

Last year at the age of 71 I gave a speech entitled '**Communication: What Makes Sense & Works**' and this marked the end of a series of articles describing a fundamental connection between the two models that I've already mentioned. And shortly afterwards I began writing this story entitled '**What Is Making Conversation Work**'. A story that is now complete. A story about making conversation work simply by using a natural English language structure that in effect has disappeared both a **Catch-22** and the damage created by it.

With that in mind I'm going to sum this story up now with a quote from the work of **Stafford Beer**, the founder of the science of management cybernetics and the creator of one of the two models:-

——— *“Rather than to solve problems, it is clever to dissolve them.”* ———

That's the end of the story and if anyone has a question about it then please raise your hand and wait to be asked to speak. ...