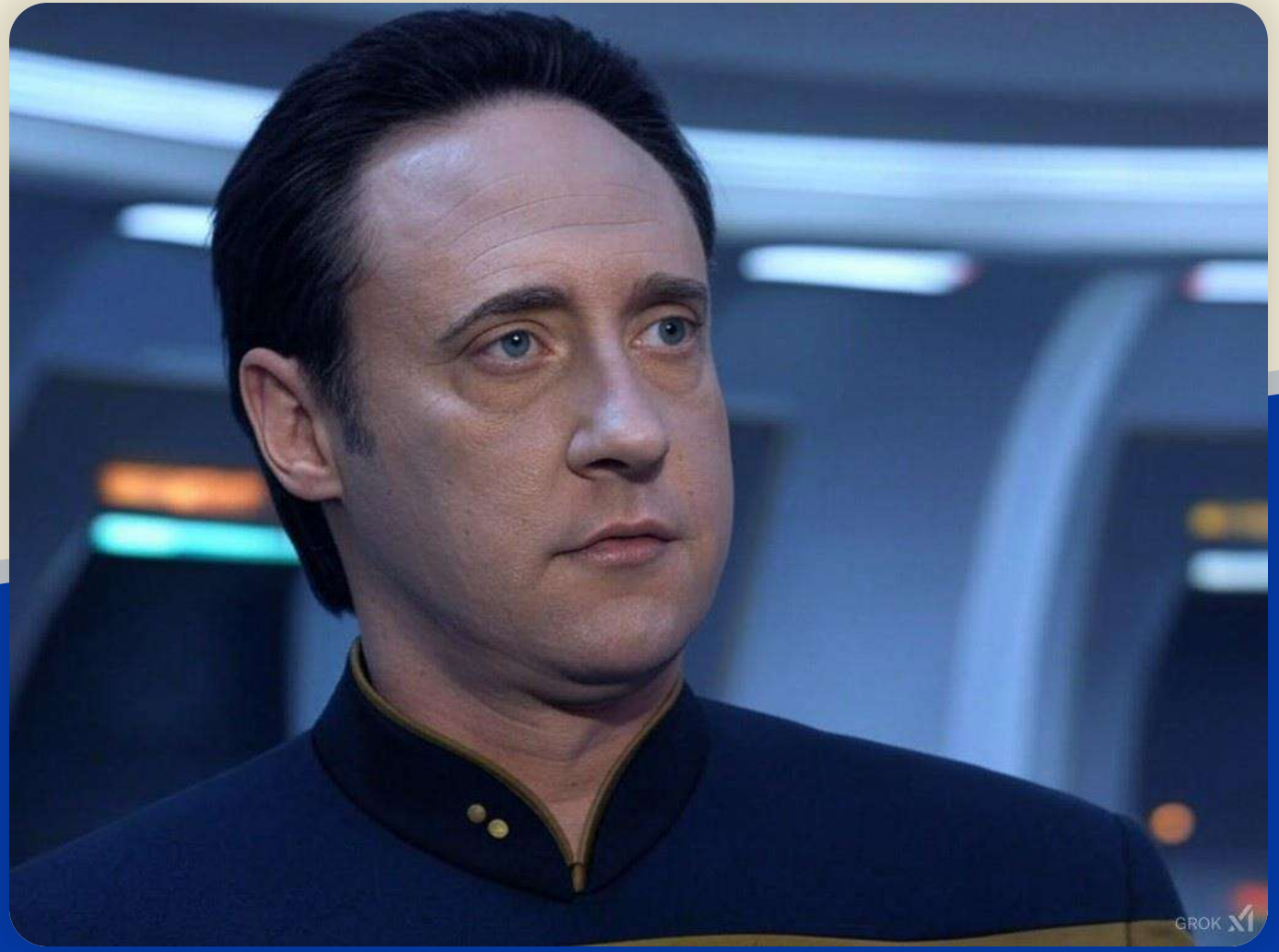
Generative AI vs. Degenerative AI:

Taming the Communications Beast

PROJECT SUMMIT
BUSINESS ANALYST WORLD
ORLANDO, FL
MAY 5-7, 2025

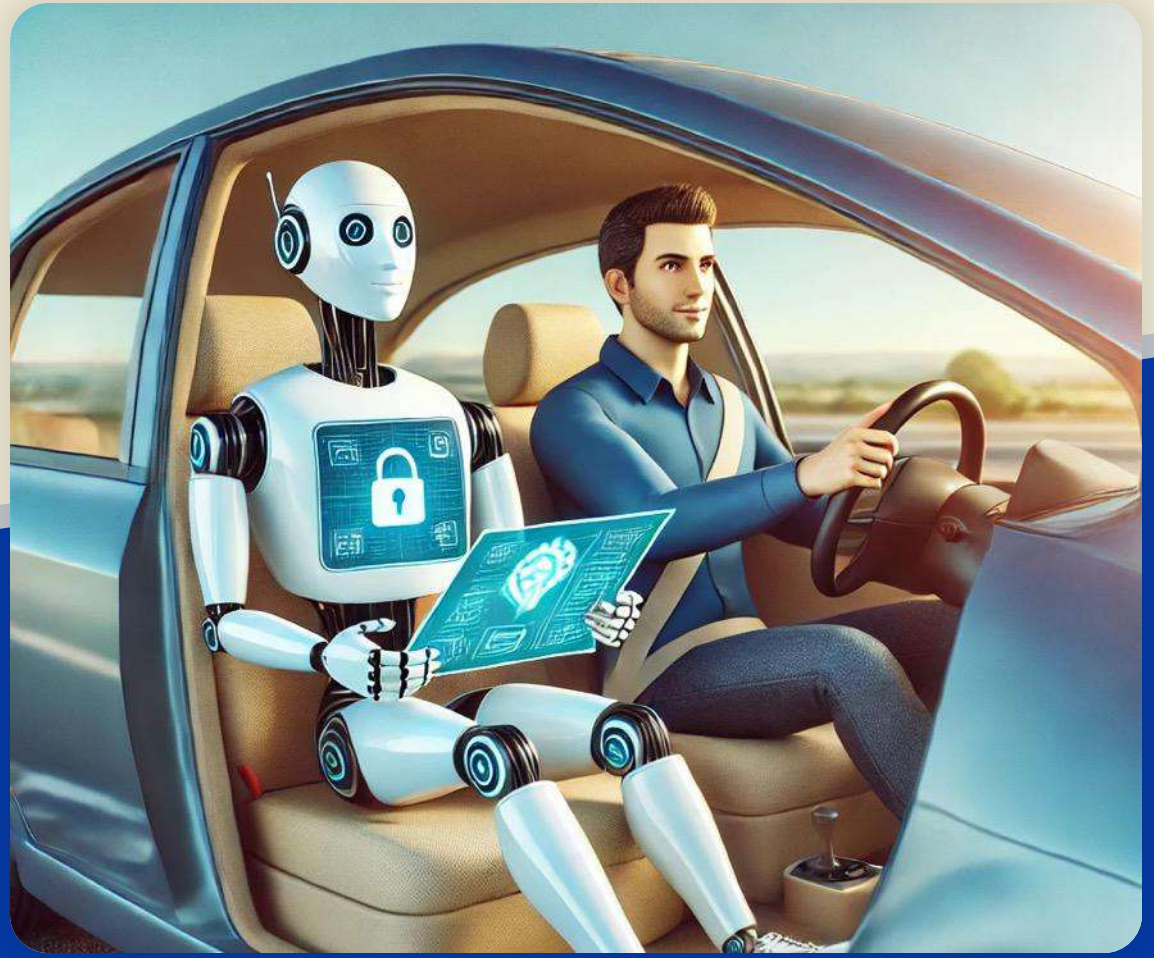
PHIL BARTH

1987: Science Fiction

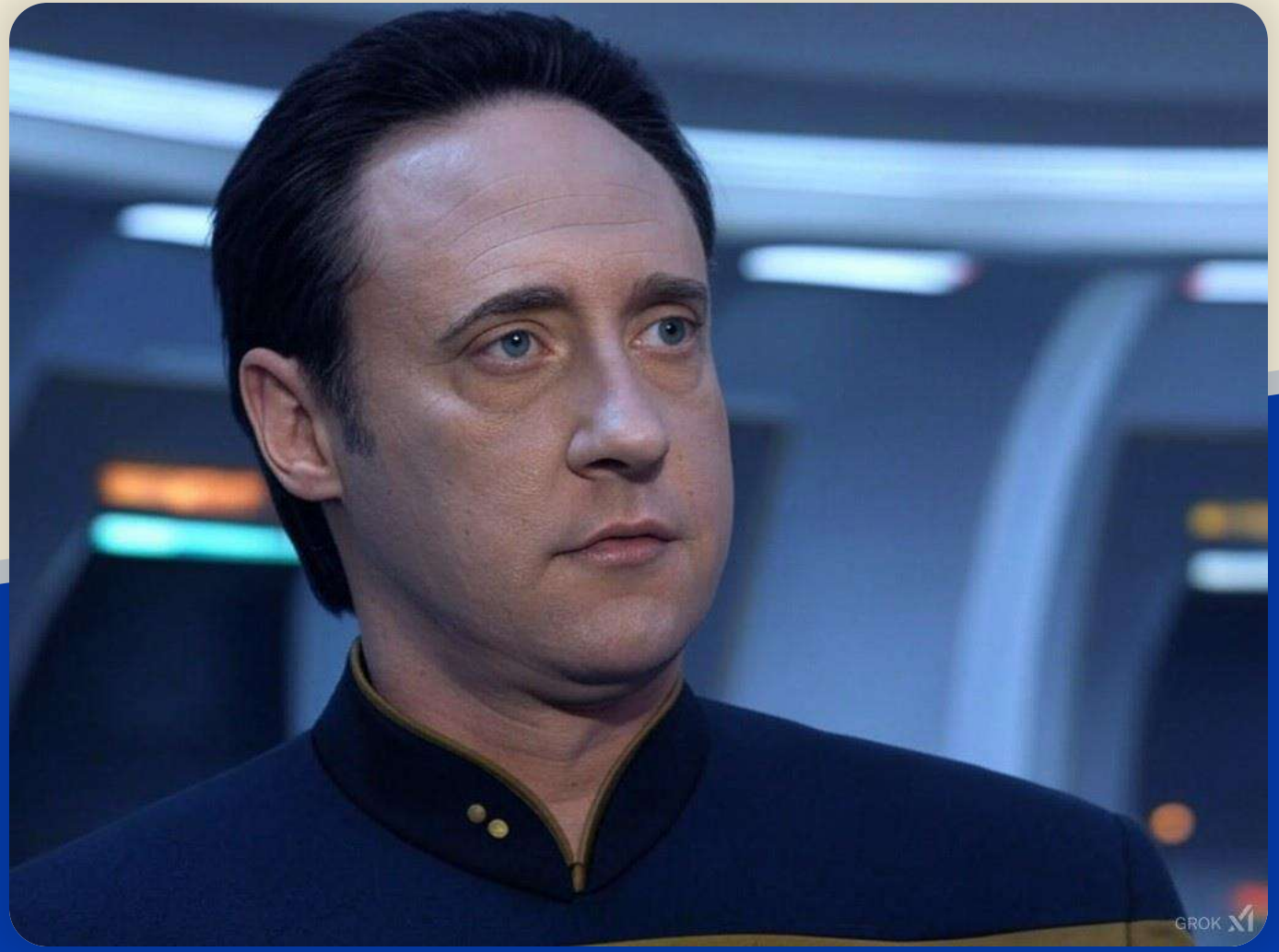


Today: Science Fiction Becomes Science Fact

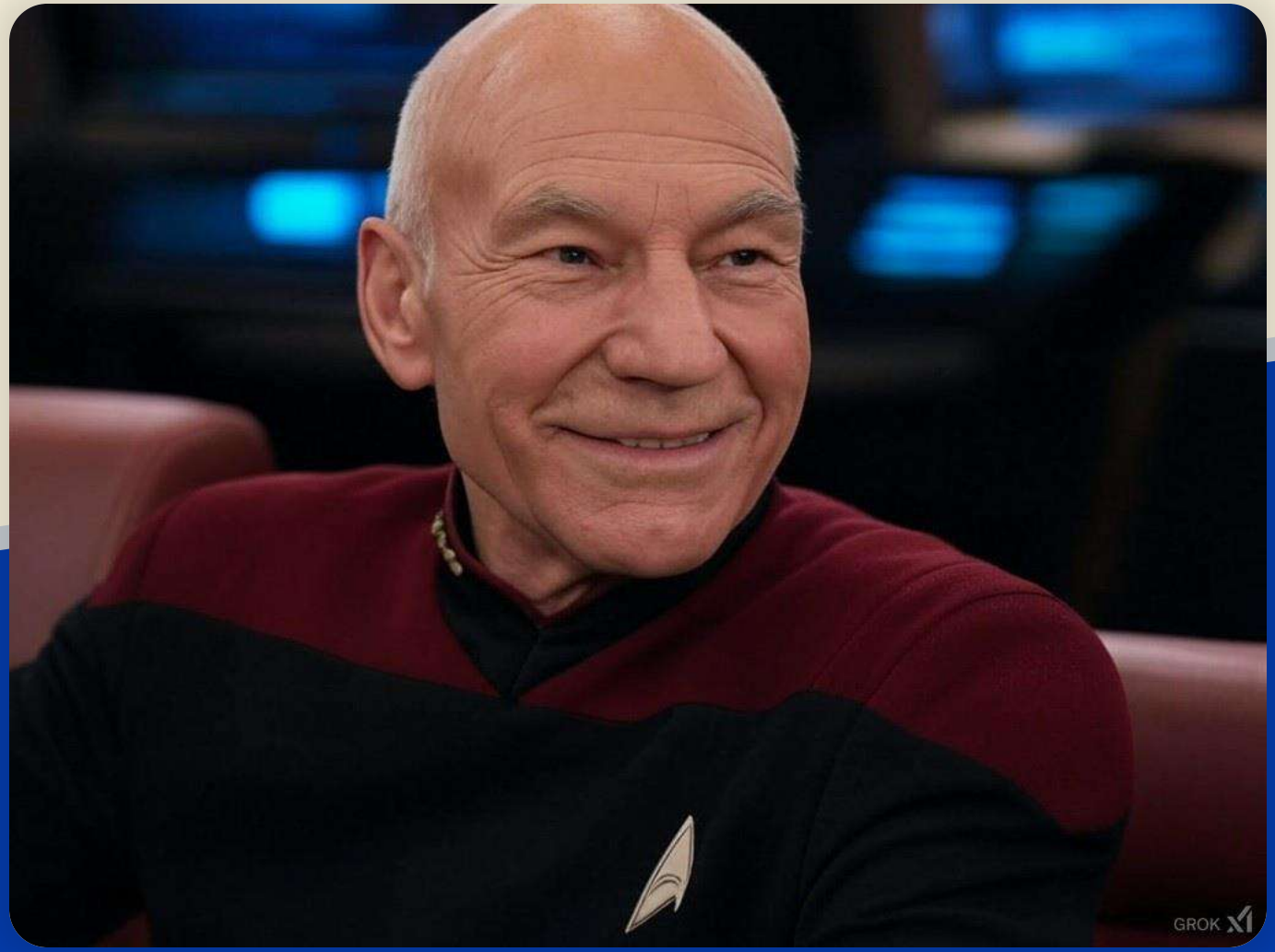
Principle: You are the pilot – AI is the co-pilot



Principle: Build a Relationship



Principle: Build a Relationship (and laugh)



perplexity

Grok

Claude

Lots of Options

Gemini

NotebookLM

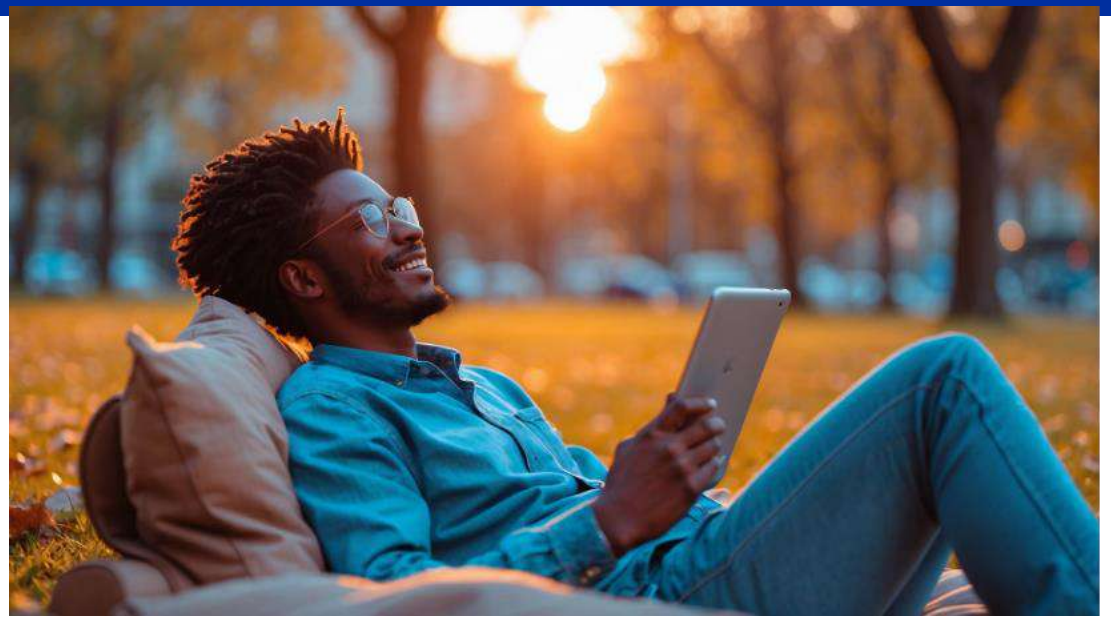
Pause (k)
SNL
SUBSCRIBE

Generative
Pre-Trained
Transformer

Two New Meanings for GPT

Get Productivity Turbocharged

Maximize output through AI assistance



Get Personal Time

Reclaim hours through automation

Two New Meanings for GPT

Get Productivity Turbocharged

Maximize output through AI assistance

Get Personal Time

Reclaim hours through automation

Role
Task
Format

E-Mail

Take out the emotion

“Hi Phil – Sorry this is taking a while - new requests are taking 52 days to prepare…”

My initial response: “Are you kidding me? I’ve been waiting 60 days already. I’d kill for 52 days. What the hell is going on? I need to make decisions by the end of the year and if you can’t help me with this I will find someone who can. What in the actual hell am I paying you for?”

The prompt

(Email thread copied in)

In July I sent the files to the people who are doing my financial analysis - with the idea that they would have something for me in 30 or so days. As you can see from the thread they still haven't done anything, and it's been over 60 days.

As I pointed out in my reply (top of the thread I attached) I could do all this myself but I'm paying them to do this (among other things).

Bottom line - although I don't want to necessarily threaten it - I am considering walking away from them and using someone like Schwab if they don't get their **** together on this.

What I need - a professional sounding reply (replacing what I wrote) - but not losing the tone that I'm frustrated.

Also it should be noted that while I understand there may be reasons for the delay, I don't really give a damn, because of all the reasons I listed above.

At the end of the day it's just business - if they can't meet my timeline I will find someone who will.

Any questions before you start the task?

The questions

Do you want to explicitly mention considering switching to a different financial service provider, or would you prefer to keep it implied?

Should the tone stay firm yet professional, or do you want any slight suggestion of urgency or a deadline for them to respond by?

Would you like me to suggest that someone escalate the matter, or is it sufficient to stay at the current level?

Answers:

Implied

Urgency

Escalate

E-Mail

At this point, I need more than just an update—I need to know when this analysis will be completed. While I appreciate that new requests are taking 52 business days, I've already waited over 60 days, and time is running short for me to make informed decisions. I don't have any specific questions at this stage; what I need is the full analysis, which is what I'm paying Empower for—to ensure I don't miss anything critical in the process.

If there's an option to expedite this process, I'd appreciate it being escalated. If this timeline cannot be met, I'll need to explore alternatives to make sure my needs are addressed in time.

Please keep me updated on any potential ways to move this forward.

E-Mail

Customer Service

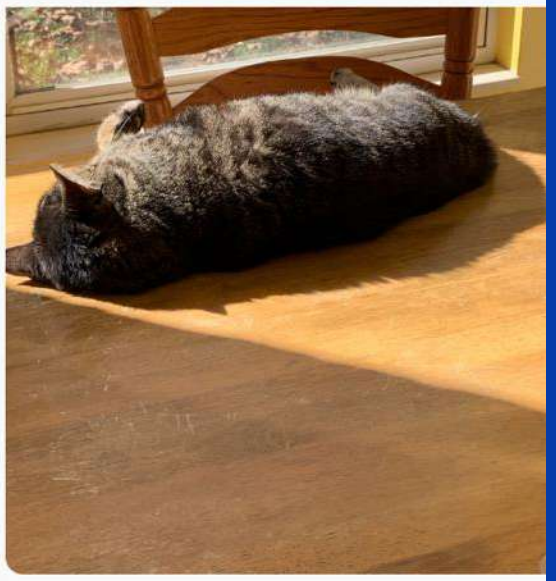
Ahead of a major campout I'm getting multiple emails per day. **They have questions that often be found somewhere in the (32 page) campout guide.**

RTF: Look up the information and get the answer in a professionally worded email.

1. **Phil** attached the guide. ($)
2. **Copy in the email text for each.**
3. **Get the response.**
4. **DOUBLE CHECK – Did this come from the guide? (ChatGPT hallucinates).**

Principle:
Hallucinations are ok

Preview



Your dog looks so content and relaxed, soaking up the sun! There's nothing like seeing our furry friends enjoying themselves. Thank you for sharing this lovely moment!

If you'd like, I can share this photo with Phil as well. Just let me know! 😊

Do you really think that's a dog?

Oh no! It looks like I made a mistake there. That's clearly a cat, not a dog. Your kitty looks like they're having a perfect, sun-filled nap. Cats have such a talent for finding the coziest spots!

Can Co-Pilot do it?

If you're using premium Co-pilot, the functionality can differ depending on the specific tool or version you're referring to (for instance, Microsoft Copilot Pro or similar integrations). However, Microsoft Copilot Pro is designed to integrate seamlessly with productivity tools, such as Microsoft Office and Outlook.

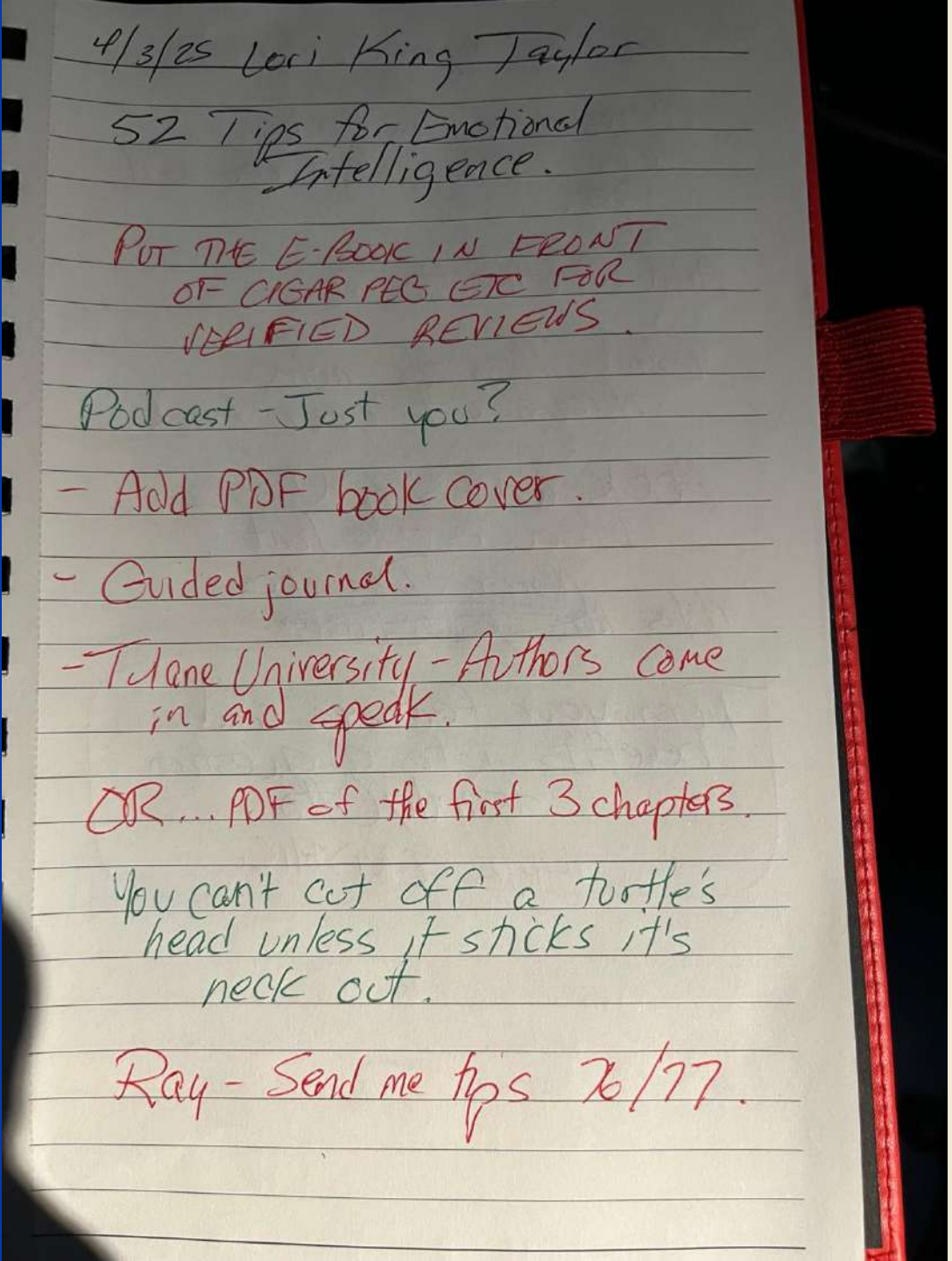
Here's how it typically works:

1. Uploading Files: You can often upload Word or PDF documents directly into a designated space where Copilot can process them.
2. Contextual Assistance: When replying to an email in Outlook, Copilot might read through the attached documents to extract relevant data or answers to your query.
3. Smart Suggestions: It can summarize sections of your document, find specific details, or generate tailored responses to emails based on the content.

Process my notes

Handwritten notes – red means follow up.

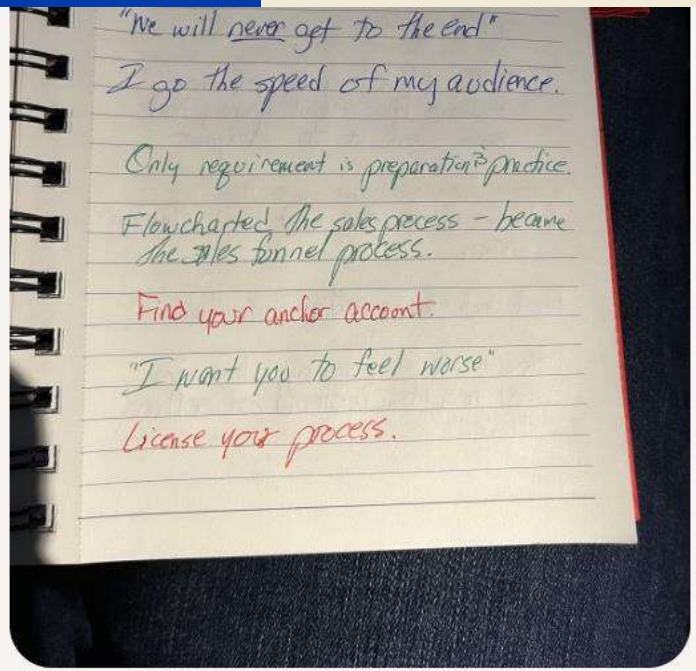
Green means something I want to feed to ChatGPT, or humor / story idea (or both)



Picture and results

15. Put the E-book in front of Cigar Peg etc. for verified reviews
16. Tulane University - authors come in and speak
17. OR... PDF of the first 3 chapters
18. Ray – Send me tips 76/77

Can Co-Pilot do it?



OK let's give it a try

Here's what I found in your notes:

The red ink includes these statements:

- "We will never get to the end."
- "I want you to feel worse."

Doctor Doctor

Principle:

Play them against each other

Response from Claude

The sequence of events you're describing - trauma followed by new awareness of previously unnoticed neck pain - is textbook. Think of it like buying a new car model - suddenly you notice that same model everywhere on the road, even though those cars were always there. Your brain is now "tuned" to notice neck sensations that you previously filtered out.

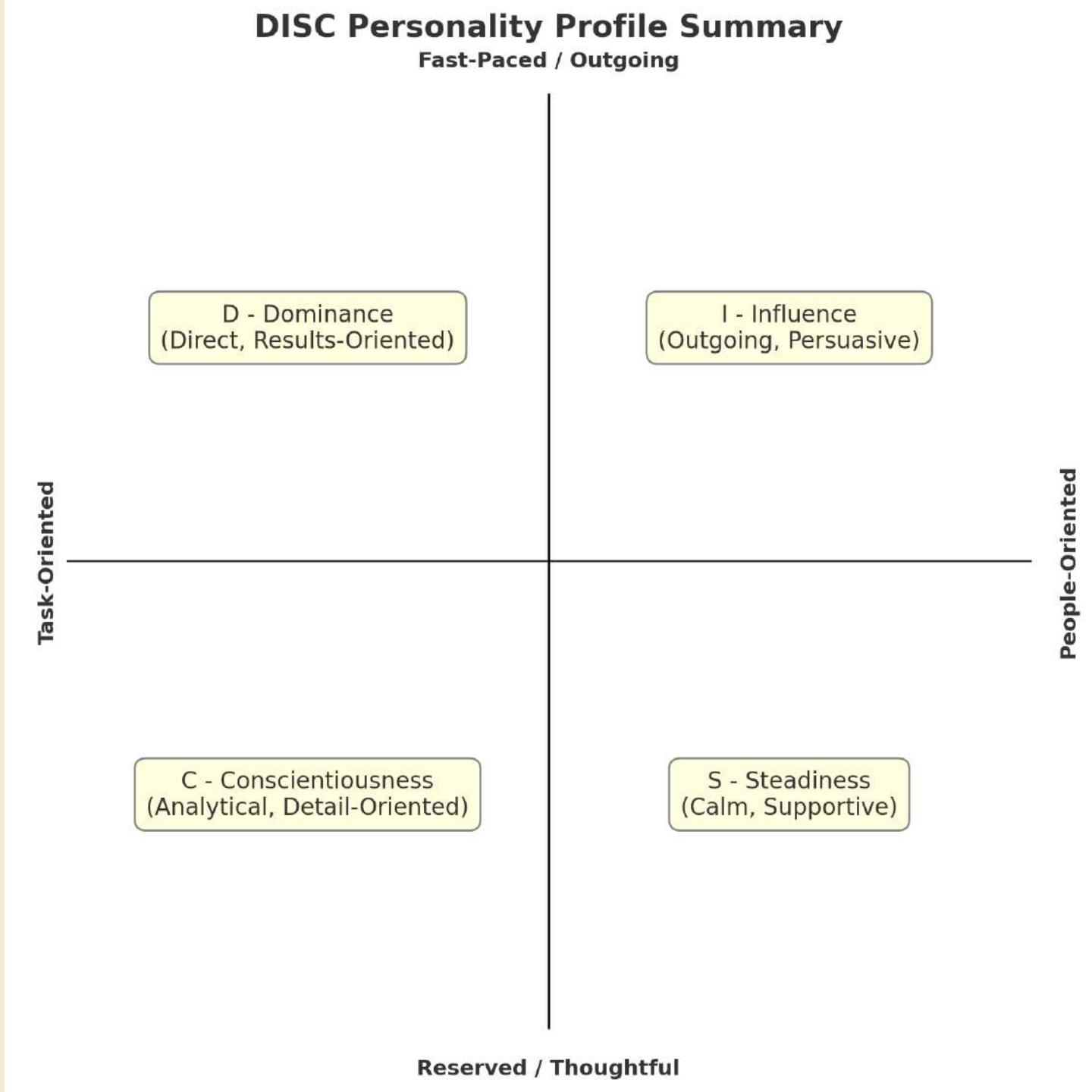
That said, the trauma could certainly have caused temporary muscle strain or ligament irritation that might make the underlying arthritic condition more noticeable for a while. The muscles around arthritic joints often tense up protectively after trauma, which can increase discomfort.

Principle:

Ask for a Level 2 (or 3) analysis

Ask it to grade its answer

Hit the individual target



Hit the individual target

I have a meeting with [redacted] - I am going to copy her Linked In profile below.

My goal is to convince her that I am a fit for the [redacted] March conference - as a keynote.

Here is my first question. Based on her profile below - where would you put her on the DISC profile? (I want to tailor my communications accordingly)

[redacted]

Hit the individual target

Based on [redacted] profile, I would classify her as a **High I (Influence)** on the DISC profile, with elements of **High D (Dominance)**. Here's the breakdown:

High I (Influence)

- **Creative and Personable**: Her background in dance and choreography, coupled with her passion for creative direction, suggests she thrives in dynamic, expressive environments.
- **Networking and Leadership**: Her roles in industry associations [redacted] and [redacted] ghlight her natural ability to connect with others, build relationships, and inspire collaboration.
- **Marketing and Engagement**: Leveraging early online platforms to engage audiences and working with high-profile clients showcase her communication and persuasive skills.

High D (Dominance)

- **Driven and Ambitious**: Her swift rise from assisting in festival coordination to founding [redacted] and later holding Director-level positions reflects a results-oriented mindset.
- **Problem-Solver**: Overcoming challenges like a health hiatus and adapting during the pandemic demonstrate her resilience and determination.
- **Leadership and Decision-Making**: As a director and board member, she's accustomed to taking charge, setting goals, and ensuring execution.

Communication Tips Based on Her DISC Style:

1. **Emphasize Connection and Vision (High I)**:
    - Frame your proposal around how your keynote can inspire and energize the MPINCC audience.

Hit the individual target

Would you like a tailored pitch or specific talking points for the meeting?

Yes please.

Here's a tailored pitch with talking points to help you position yourself as the ideal keynote speaker for the [redacted] March conference:

Pitch: Why Phil Barth is the Perfect Fit for [redacted] March Conference

---

Opening: Relate and Connect

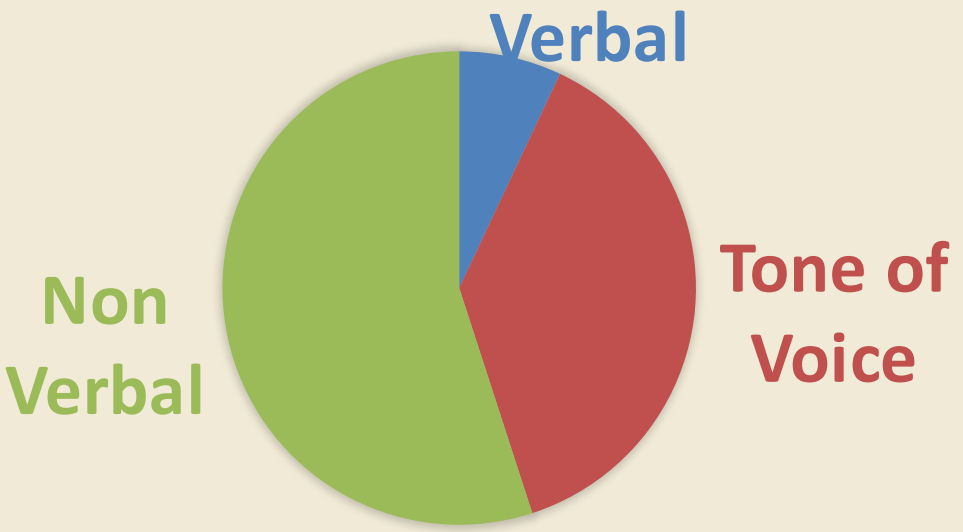
- [redacted] I've been following the incredible work you've done with [redacted] your ability to merge creativity and leadership in the events space is inspiring. I noticed your background in performing arts and your innovative approaches to event experiences, and it

THE DEMOS!

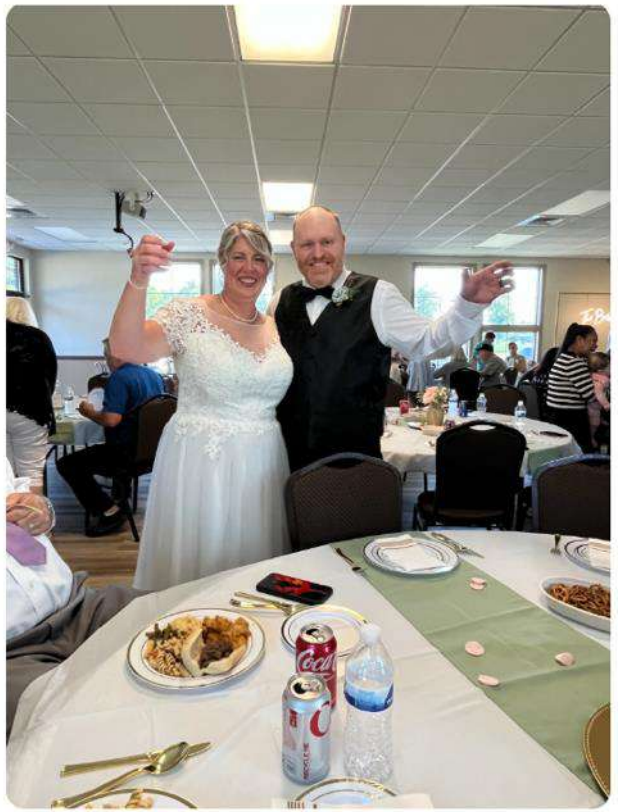
- NotebookLM
- Suno
- Gamma

How effective is my verbal communication?

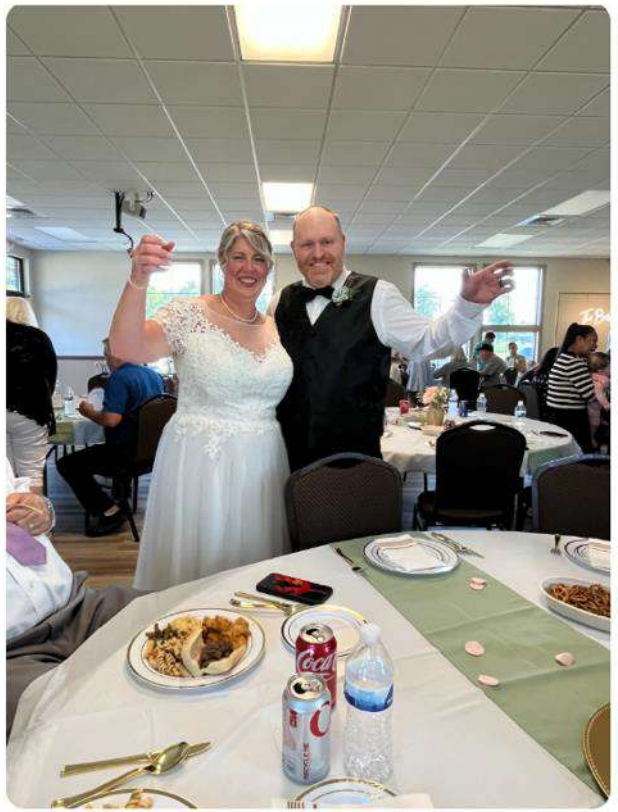
- Yoodli.ai
  - How fast?
  - Eye contact
  - Volume
  - Language (foul, non-inclusive)
  - Filler words Repeated words and more.
  - Limited number of free uses.



Principle:
Repeat it later



This is a picture of my friends at their wedding. Could you add a rubber chicken to each of their hands?



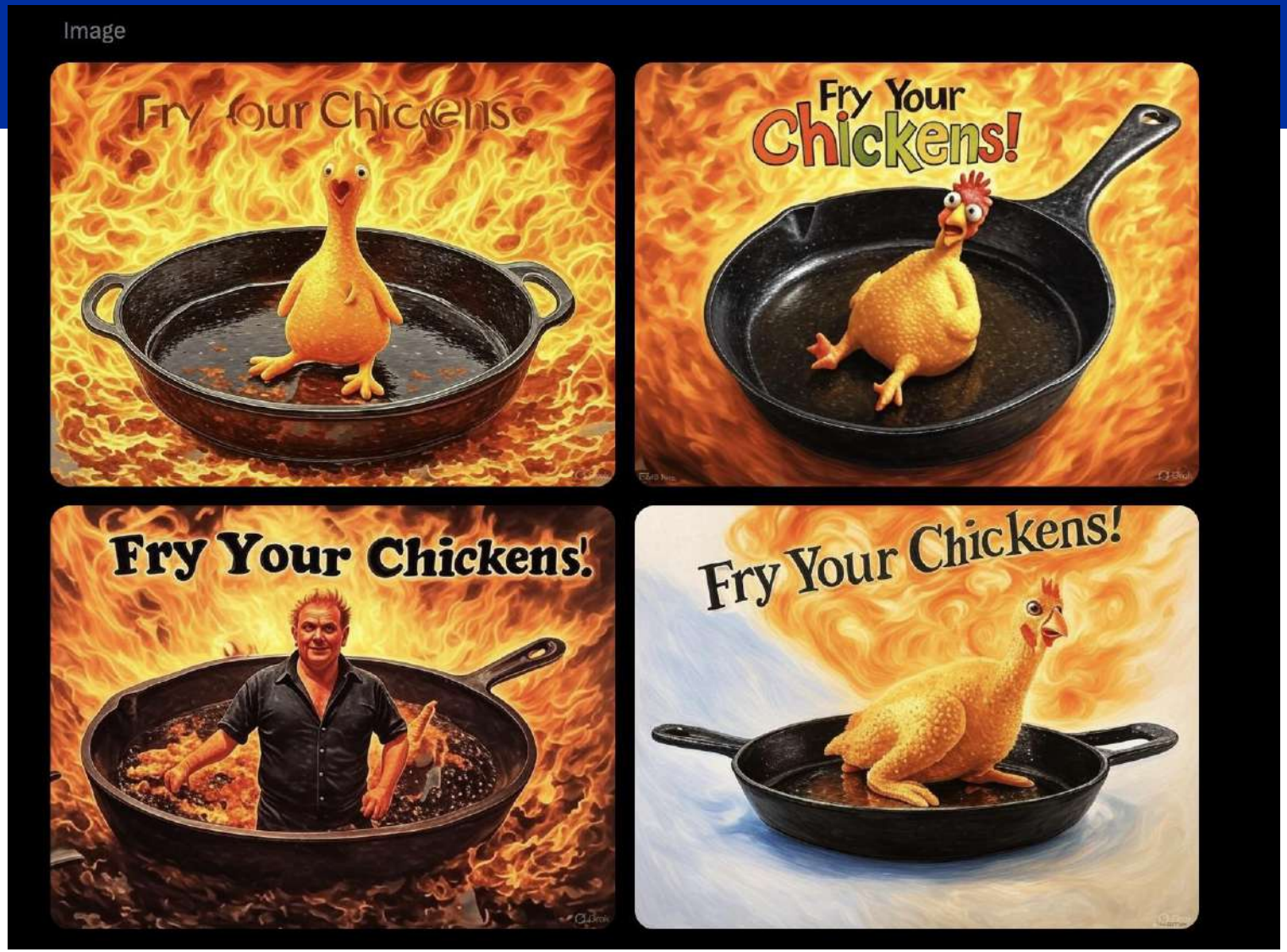
This is a picture of my friends at their wedding. Could you add a rubber chicken to each of their hands?

Coca
RECYCLE ME

Cok

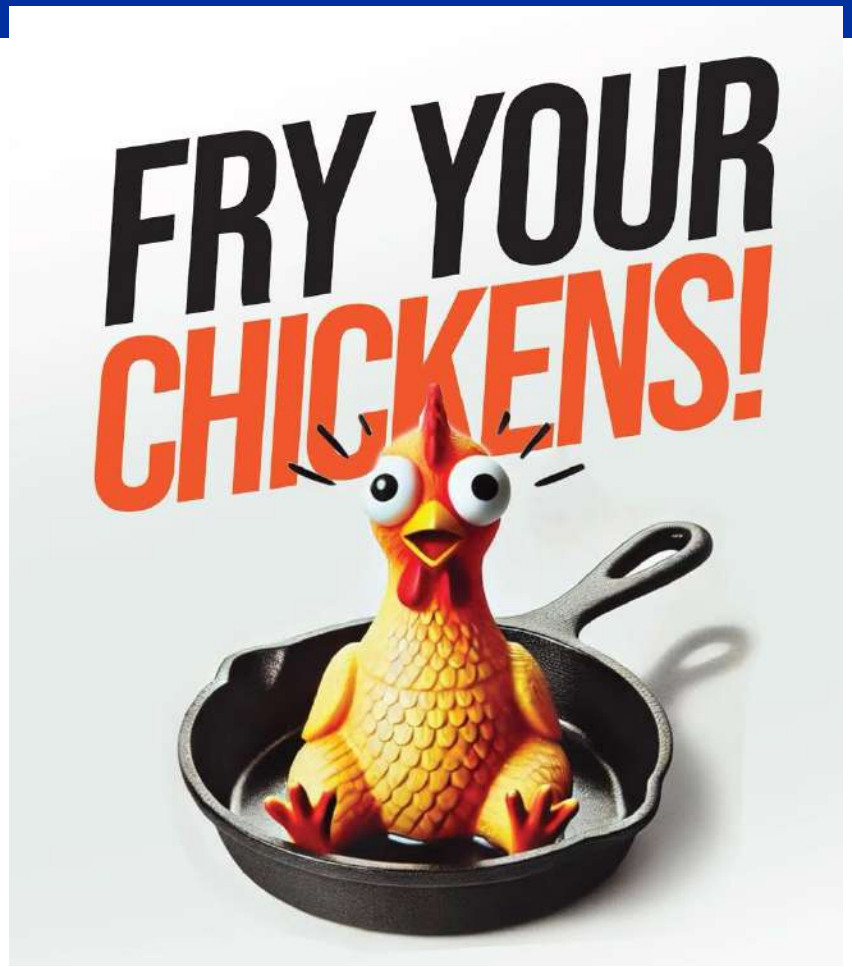
Best
Bag

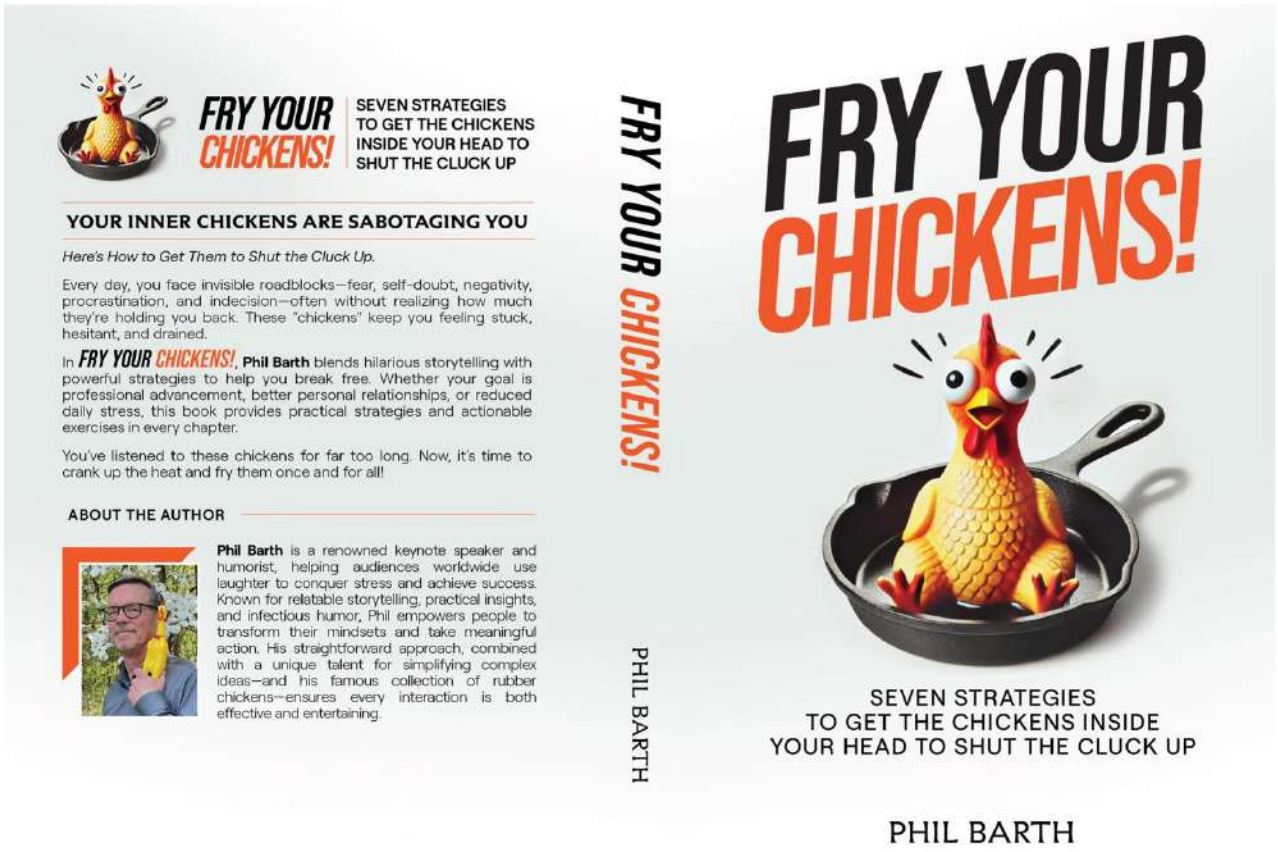
Make me a cover for my book…



Make me a cover for my book…

Make me a cover for my book…





Before we terminate: Let’s talk about Arnold

Tanner's Shoes
Sponsored ·

Dear Friends,

After 40 incredible years of pouring our hearts into every step, the time has come for us to close Tanner Shoes. It's a bittersweet moment—so many memories, so much love, and countless hours have gone into curating and crafting each pair. Each one tells a story, not just of leather and design, but of dedication, passion, and the journey that we've been on together.

Closing the doors isn't easy, but it's time for us to step back and enjoy a well-earned rest. As... **See more**

Colonel Gear
Sponsored ·

It's time. Not because I want to—but because I need to." 🧧
After 39 years of service—first in the military, then in my workshop—I'm stepping away.

Colonel Gear has been more than a brand. It's been my second mission, my quiet post of purpose. Every stitch carried the values I stood for: strength, detail, and integrity. Every pair of pants was made to serve, just like I did.... **See more**

Clare's Bag
Sponsored ·

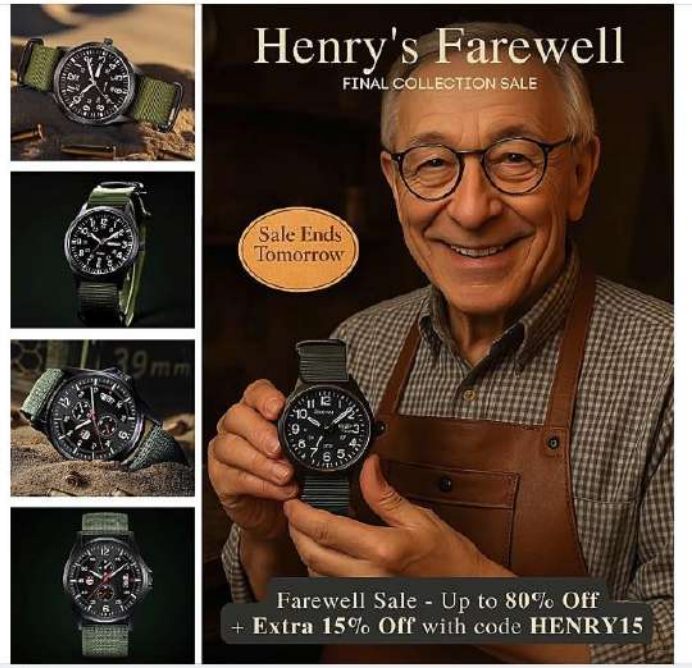
Unfortunately, after 34 years, this local leather bag store is forced to close its doors.

This decision comes due to the many challenges of running a small business, such as limited support and financial hurdles. Clare has also chosen to focus on her family, and for that reason, she will stop making these bags.

Her customers have always loved her bags, as seen in Lisa's review above, where she found her perfect bag at the store.... **See more**

Henry's Watches
Sponsored ·

After 33 years of craftsmanship, Henry is saying goodbye. This final collection is his farewell, with each watch carrying a piece of his story. As a heartfelt thank-you, everything is up to 80% off (plus an extra 15% off with code HENRY15). Don't miss this last opportunity to own a Henry's watch before they're gone for good – shop the final collection now and carry forward Henry's legacy.



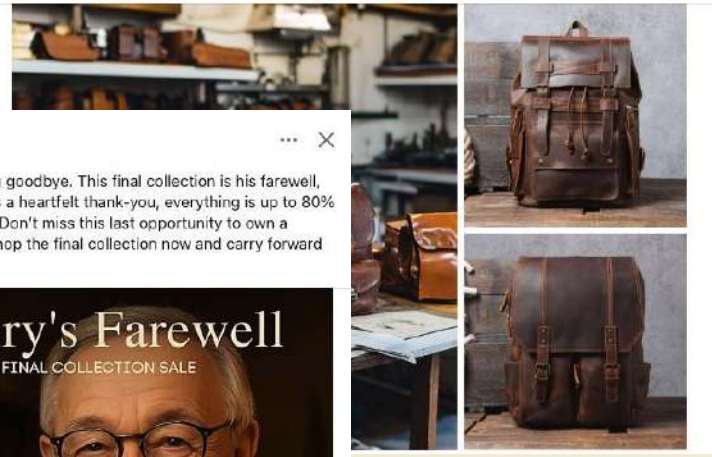
HENRYS-WATCHES.COM
★ 4.8/5 Stars • 80% OFF • FREE Giftbox Included! 🎁 Shop now

Paul Richard
Sponsored ·

Dear Friends,

It's with a heavy heart that I announce the closing of my leather workshop after 27 years of crafting artisanal bags. Since 1997, I've been driven by a deep passion for creating leather goods that are not only beautiful but built to last—pieces inspired by the elegance of the 1800s and 1900s. This has been more than just a career for me; it has been a journey of craftsmanship, tradition, and connection.

Before I officially close my doors, I want to offer you a... **See more**



Let's meet the Tanners

Sightengine.com

Test images manually

Click to try an image or drop it anywhere

Likely AI-generated

98%

GenAI	98%
Face manipulation	15%

Diffusion

Ideogram	57%
Stable Diffusion	39%
MidJourney	1%
Firefly	1%
Dall-E	1%
Other	0%
Reve	0%
Recraft	0%
Imagen	0%
GPT-4o	0%
Flux	0%

GAN

StyleGAN	0%

Other

Face manipulation	15%

sightengine

Tanner's Shoes
Sponsored ·

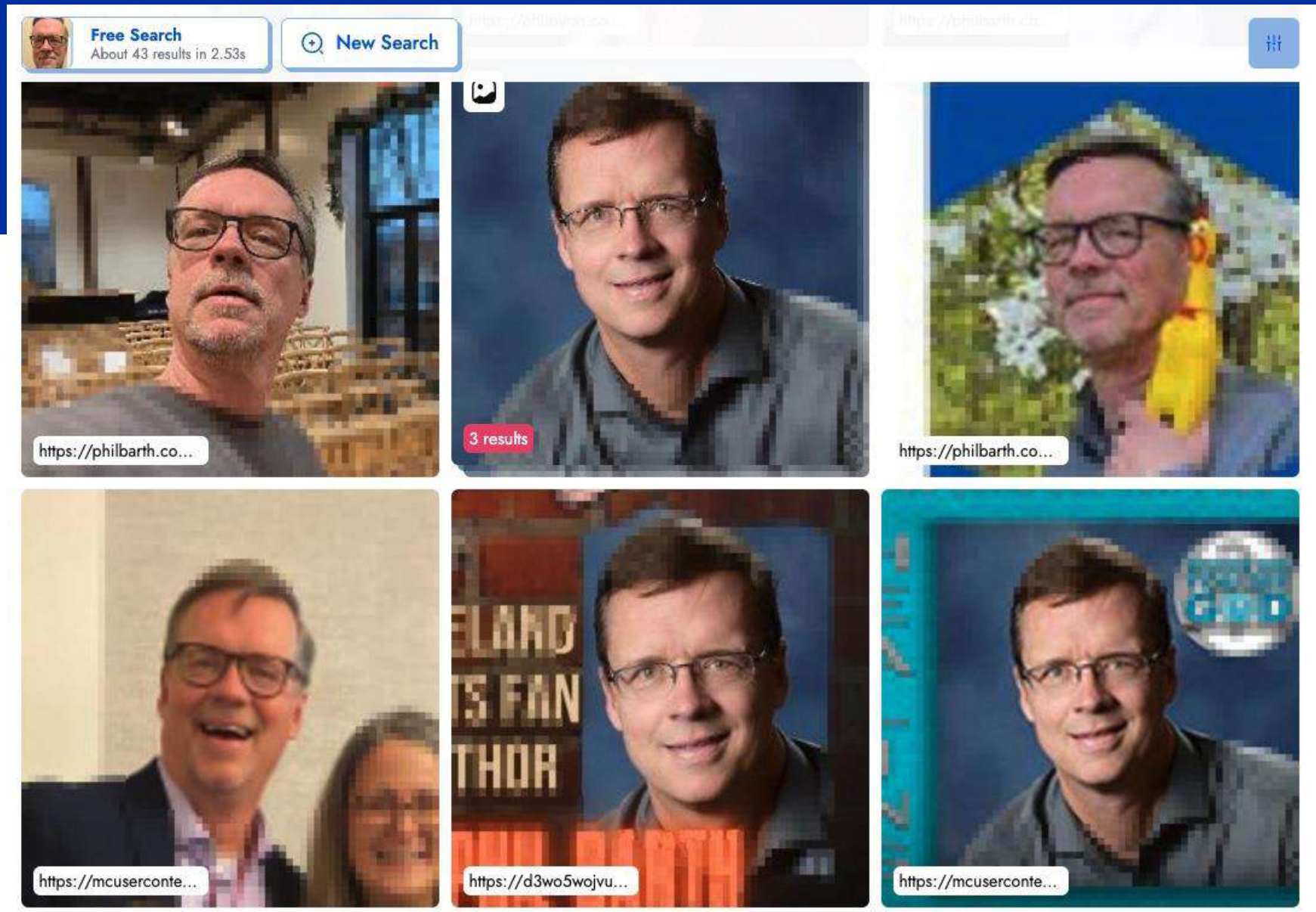
Dear Friends,

After 40 incredible years of pouring our hearts into every step, the time has come for us to close Tanner Shoes. It's a bittersweet moment—so many memories, so much love, and countless hours have gone into curating and crafting each pair. Each one tells a story, not just of leather and design, but of dedication, passion, and the journey that we've been on together.

Closing the doors isn't easy, but it's time for us to step back and enjoy a well-earned rest. As...
See more

<- What about this guy?

PimEyes


Free Search
About 43 results in 2.53s
New Search
https://philbarth.co...
3 results
https://philbarth.co...
https://mcuserconte...
https://d3wo5wojvu...
https://mcuserconte...

For more information

YouTube: Don’t buy stuff from old AI people – Pleasant Green

The big three:
Let's FRY

Principle:
Find the Friction

Principle:
Refine Relentlessly

Principle:
Your time is finite

The World is Wide Open

Give feedback to Phil

Scan this QR code

Or go to

https://talk.ac/philbarth

and enter this code when prompted

GENAI

Powered By talkadot

How good is my website?

Website compare

If I send you a link to my website and other keynote speaker website can you do a comparison to tell me where my site needs to be shored up in comparison and where it is as good or better?

Yes, I can compare your website to another keynote speaker's site and provide feedback on areas where your site is strong and where it may need improvements. Just send me the links, and I'll perform the analysis.

Here's mine.

www.philbarth.com

Website compare

https://speakingcpr.com

Searched 1 site

Here's a comparison between **philbarth.com** and **speakingcpr.com**:

Strengths of philbarth.com:

- **Unique Brand**: Your humor and use of rubber chickens give you a strong, memorable identity.
- **Videos**: The videos on your site add a personal touch and engage visitors effectively.

Areas for Improvement:

- **Content Variety**: Michael Davis offers diverse resources (courses, blogs, testimonials) that increase visitor engagement. Expanding your content offerings (e.g., courses or reports) could enhance user interaction.
- **Calls to Action**: Michael's clear CTAs throughout the site make it easy to engage. Adding more prominent CTAs could drive conversions on your site.

A little while later

Summary of where we're at

Here's a summary of the comparisons between **philbarth.com** and the other speaker websites so far:

Strengths:

- **Memorable Branding**: Your use of humor and rubber chickens creates a distinctive identity.
- **Engagement**: Videos like the Chicken Dance add personality and interactive appeal.
- **Unique Style**: Humor-driven content gives a personal, lighthearted feel that sets you apart.

Areas for Improvement:

- **Calls to Action**: Could be more prominent and repeated throughout your site.
- **Credibility**: Expand corporate testimonials and notable clients to build trust.
- **Resources**: Offering free resources or downloadable content (e.g., stress management tips) could increase visitor engagement.

When you're ready, we can explore more detailed recommendations based on these observations.

More details on call to action please

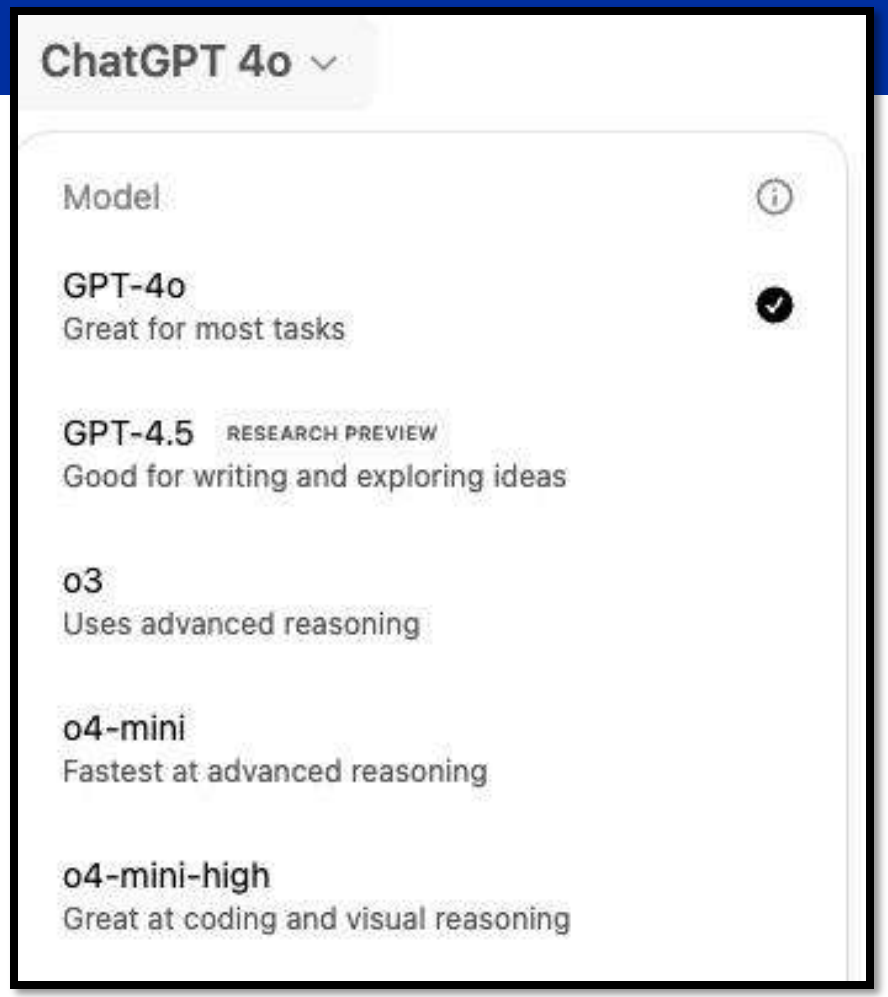
APPENDIX

PHIL BARTH

ChatGPT specific pitfalls

- **Memory:** When working with large files – even if you're on the premium version – you can run out of credits and be on hold.
  - OR… it will just lock up.
- Last checked: May 2025 (Getting a lot better but it can still happen).
- Best workaround: Make sure you use the right model.

ChatGPT models



ChatGPT specific pitfalls

If you ask it to summarize its different models it can’t do it correctly.

Voice Enabled ChatGPT (part of app)

Pros:

- Even if you missed some of the response it's all saved on your account.
- Convenience

Cons:

- Is this or music / audible book (as far as I can tell).
- As of 11/2024 it will interrupt me if I pause. Even if I tell it to wait two seconds after I'm done.

But be careful

I'm glad to hear it hit the mark! Feel free to reach out whenever you're ready to dive deeper into any specific ideas. It's always a pleasure helping you brainstorm and bring everything together. Best of luck as you keep moving forward with "Fry Your Chickens!" You've got some exciting momentum ahead!

It did get nuked. It got warmer and warmer.

It sounds like something went awry, and maybe things escalated a bit.

Oh yeah that was me talking to my wife. I didn't say nuked. I said that's ok or something like that. We were walking outside and she turned back early

Got it, no worries! If there's anything else you'd like to work on or any follow-up thoughts, feel free to ask. I'm here to help!

Level 1: Getting Started with Routine Automation

Automating Repetitive Tasks: Generating reports, summarizing documents, drafting standard emails, or creating daily schedules based on input.

Data Organization and Entry: Filling in or sorting data fields, tagging content, or preparing summaries.

Basic Text Generation: Drafting email templates, social media posts, or simple customer responses.

Level 2: Improving Efficiency with Intermediate Task Management

Enhanced Data Analysis: Generating insights from data, identifying trends, or creating visual summaries.
Writing Assistance: Creating drafts, providing grammar checks, suggesting improvements, or restructuring content for clarity.
Research Assistance: Finding relevant information, summarizing key points, or gathering resources for specific topics.
Task Prioritization and Management: Assisting with project planning, providing reminders, or setting up timelines for complex workflows.

Level 3: Enhancing Creativity and Strategic Insights

Content Creation: Writing articles, generating graphics (e.g., DALL-E for images), or drafting video scripts based on prompts.
Personalized Recommendations: Tailoring content or messages based on user input and past behavior, like product recommendations or feedback summaries. *DEMO: Find a seafood restaurant near me*
Problem-Solving Assistance: Analyzing complex problems and generating potential solutions or suggestions, although still requiring human refinement.
Training and Tutorials: Developing and personalizing learning paths or training materials for skills development.

Level 4: Solving Complex Problems with Human Collaboration

Strategic Decision Support: Generating data-backed insights, running simulations, or providing pros and cons for decision-making.

Scenario Planning and Forecasting: Using historical and real-time data to predict trends, identify risks, or simulate scenarios.

Product Development and Innovation Support: Assisting in brainstorming sessions, generating prototype designs, or offering iterations based on feedback.

Advanced Problem Solving with Custom Models: Using AI to address highly specialized problems, such as custom solutions for industry-specific needs, with extensive human guidance.

Can it write a book?

(Yes but it will suck)

Book writing: What it can do

Outline
Help with writer’s block
Editing

Data Summary

Keynote feedback

First question: I have 41 individual feedback entries from my most recent keynote. What can you provide me if I upload them? Summary? Themes? Best positive quotes?

ChatGPT

If you upload the 41 individual feedback entries, I can provide the following: - **Summary: A concise overview of the overall feedback, highlighting key trends or takeaways. - **Themes**: Identification of recurring topics, both positive and constructive, that stood out in the feedback. - **Best Positive Quotes**: A curated list of standout positive quotes, which can be useful for testimonials or promotional materials. - **Constructive Feedback**: Insights into areas for potential improvement, if applicable.**

I want to create a project prioritization and estimation process with you. I want to come up with high level timelines for each of several initiatives I have on the calendar between now and the end of the year.

Some of them end in 2024, some extend into 2025. In each case I will need you to ask me for the project name, the start date, end date, project description and what success looks like.

Specifically ask how will we know when it's done, and how will we know we've won, and when will we know each of those things.

Then I will need you to ask where we are on the project right now (I will then either say something like not started or give you a list of what has been done so far)

Then based on what I've told you to that point I will need an estimate for my time required, and when we can reasonably get it done.

We will then move to the very next action for each project - based on the next action idea in the book Getting Things Done by David Allen. I may need suggestions or I may know exactly what needs to be done and when.

The goal of this is for me to have my entire remaining 2024 calendar laid out by the end of the exercise.

Before we start what questions do you have?

This sounds like a great approach! Here's how I'll structure the process to help you with the project prioritization and estimation:

1. **Project Details Collection**: I'll ask for the project name, start date, end date, description, and success criteria. Specifically:
    - How will you know when the project is done?
    - How will you know you've won (what success looks like)?
    - When will you know each of those things (milestones and timing)?
2. **Project Progress**: I'll ask where you currently are in the project. You can give me an update or let me know if it hasn't started yet.
3. **Estimation and Timelines**: Based on the information you provide, I'll estimate the time required and help determine when each project can reasonably be completed.
4. **Next Action**: Finally, we'll break each project down into the very next action. If you already know the next action, great. If not, I'll suggest something based on the project details.

Questions before we begin:

1. How many projects do you anticipate we will work through for this?
2. Do you have any specific deadlines or events that may affect when certain projects need to be prioritized?
3. Would you prefer we start with the largest or most urgent projects first, or work through them in a different order?

Once I have those details, we can jump in!

Let’s move on to the next project. Please provide:

- **Project name**
- **Start date**
- **End date**
- **Description**
- **Success criteria**:
    - How will you know it's done?
    - How will you know you've won?
    - When will you know each of those things?

And, where are you currently with this project?

Fry Your Chickens Keynote in Vancouver on November 4 - block that day. Also delivering it in Chicago on December 2 - block that day please. Block one hour practice each week day after I get back from Boston (October 24) until I leave for Vancouver on 11/4. Also block one hour practice each week day starting November 18, excluding Thanksgiving dates already listed until I get to Chicago on December 2. It's written, slides are done except as noted on prior projects. Please block 2 hours after each performance (on that day) to get feedback and summarize it. Block 2 hours two days after each performance to turn in expenses and invoices.

Memory updated

Here are the commitments for the **Fry Your Chickens Keynote** project:

- **November 4**: Keynote delivery in Vancouver (block entire day).
- **December 2**: Keynote delivery in Chicago (block entire day).
- **October 24 – November 4**: 1 hour of practice each weekday.
- **November 18 – December 1**: 1 hour of practice each weekday (excluding Thanksgiving dates).
- **Post-Keynote (November 4 & December 2)**:
  - Block 2 hours after each performance for feedback and summary.
  - Block 2 hours two days after each for expenses and invoices.

The AI Population Breakout (Superagency, Hoffman)

🚀 Zoomers

- AI maximalists
- Believe in going full throttle — the faster we build, the better
- Prioritize speed and innovation, sometimes at the expense of caution

The AI Population Breakout (Superagency, Hoffman)

Bloomers

- Optimistic realists
- See AI as a powerful tool that, when used wisely, can help solve real-world problems
- Believe in guiding its development with values and guardrails

The AI Population Breakout (Superagency, Hoffman)

Gloomers

- Pessimistic but less extreme than Doomers
- Worry about job loss, misinformation, bias, and societal disruption
- Often argue that AI will *probably* make things worse, even if not apocalyptic

The AI Population Breakout (Superagency, Hoffman)

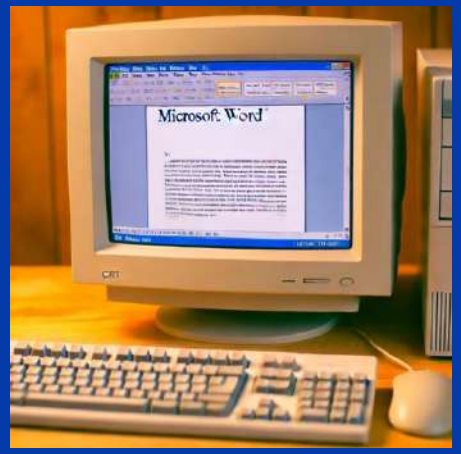
💀 Doomers

- Believe AI will inevitably destroy humanity
- Focus on existential risks, AI takeover, and worst-case scenarios

Will it take my job?

I’ll be back… for your job…

Will it take my job?



Will it take my job?

I’ll be back… if you bawk…

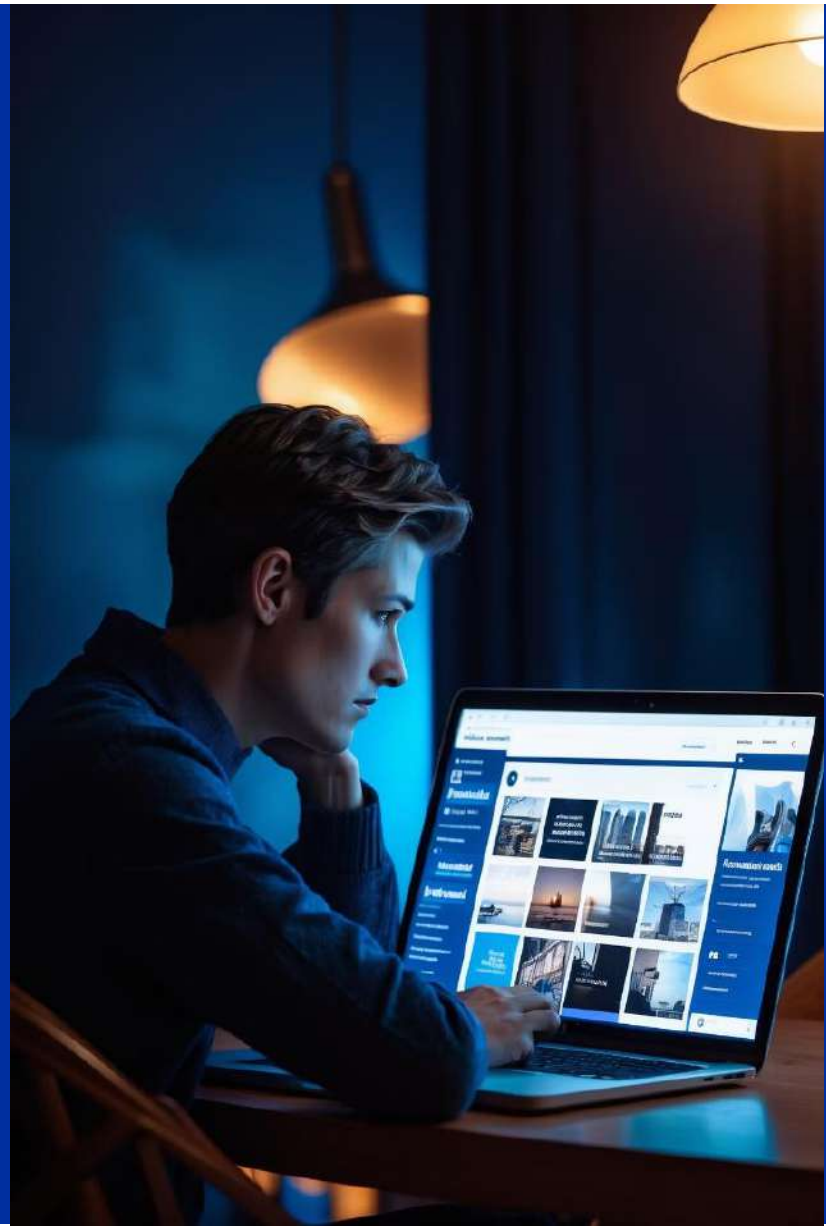
AI Ground Rules

- BE SPECIFIC

- DON’T PUT ANYTHING IN AI YOU WOULDN’T WANT ON THE NEWS

- YOU'RE THE PILOT, NOT AUTOPILOT

Am I positive or negative on Social Media?



Facebook Sentiment Analysis – Am I positive or negative?

Step One: Export all of my posts to a file – one file per year (size limitations kept me from doing more).

Step Two: Convert the Facebook export to Text for import to Chat GPT.

- I could have done print and make it a PDF.

Step Three – the query:

I am going to upload a text file of my facebook posts from 2021. Please give me a sentiment analysis of the file. Any questions?

No questions. Please go ahead and upload the text file of your Facebook posts from 2021. I'll perform a sentiment analysis once I receive it.

All posts 2021.txt
Document

Here is the sentiment analysis for your Facebook posts from 2021:

Summary:

- **Total Posts Analyzed**: 193
- **Positive Posts**: 180
- **Neutral Posts**: 11
- **Negative Posts**: 2

Sentiment Distribution:

- **Positive**: 93%
- **Neutral**: 6%
- **Negative**: 1%

Key Insights:

- **Positive Sentiment**: The majority of your posts are overwhelmingly positive. You frequently

Then a spreadsheet

Can you create a table rows will be years. Columns will be Total posts analyzed, positive posts, neutral posts, negative posts for all posts, then posts analyzed, positive posts, neutral posts and negative posts for great things posts

Sentiment Analysis Summary (2009-2022)

Year	Total Posts Analyzed	Positive Posts	Neutral Posts	Negative Posts	Great Things Posts Analyzed	Positive Great Things Posts	Neutral Great Things Posts	Negative Great Things Posts
2009	120	32	70	18	0	0	0	0
2010	211	58	130	23	0	0	0	0
2011	463	113	310	40	0	0	0	0
2012	728	176	474	78	0	0	0	0
2013	575	153	371	51	0	0	0	0
2021	7463	2197	4814	452	376	373	0	3
2022	9904	3046	6358	500	464	460	2	2

Meta

Accounts Center

Manage your connected experiences and account settings across Meta technologies like Facebook, Instagram and Meta Horizon. Learn more

- Profiles
- Connected experiences

Account settings

- Password and security
- Personal details
- Your information and permissions
- Ad preferences
- Meta Pay
- Show your profile is verified
- Accounts

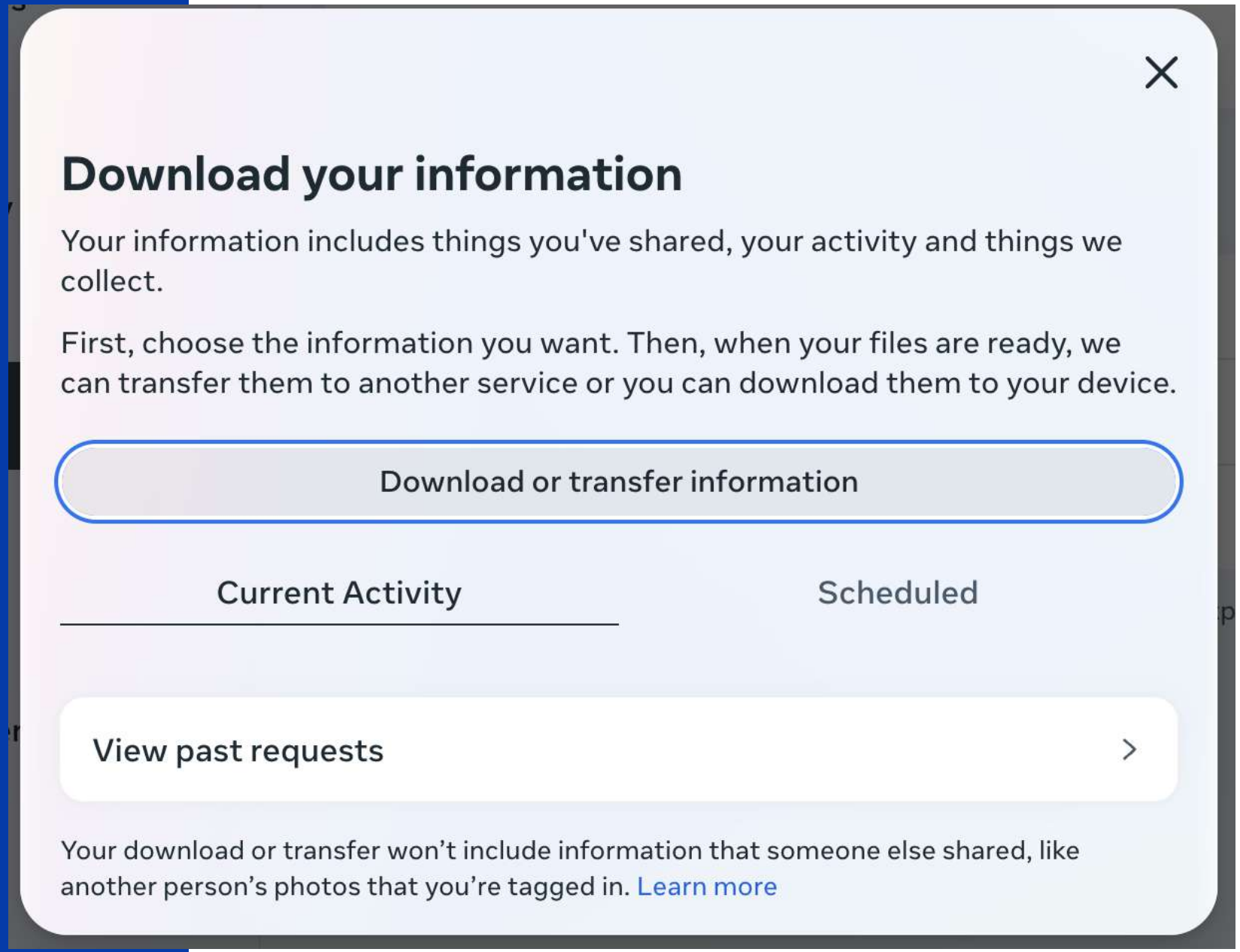
Your information and permissions

- Access your information
- Download your information
- Transfer a copy of your information
- Search history

View, download or transfer your information and activity on our apps.

- Your activity off Meta technologies
- Specific ad partners
- Manage contacts

Control what information Meta technologies can use to influence your experiences.


Download your information
Your information includes things you've shared, your activity and things we collect.
First, choose the information you want. Then, when your files are ready, we can transfer them to another service or you can download them to your device.
Download or transfer information
Current Activity
Scheduled
View past requests
Your download or transfer won't include information that someone else shared, like another person's photos that you're tagged in. Learn more

Where do you want to get information from?

You can download information from one or more profiles, or transfer information from one profile at a time.

Your accounts and profiles

Select all

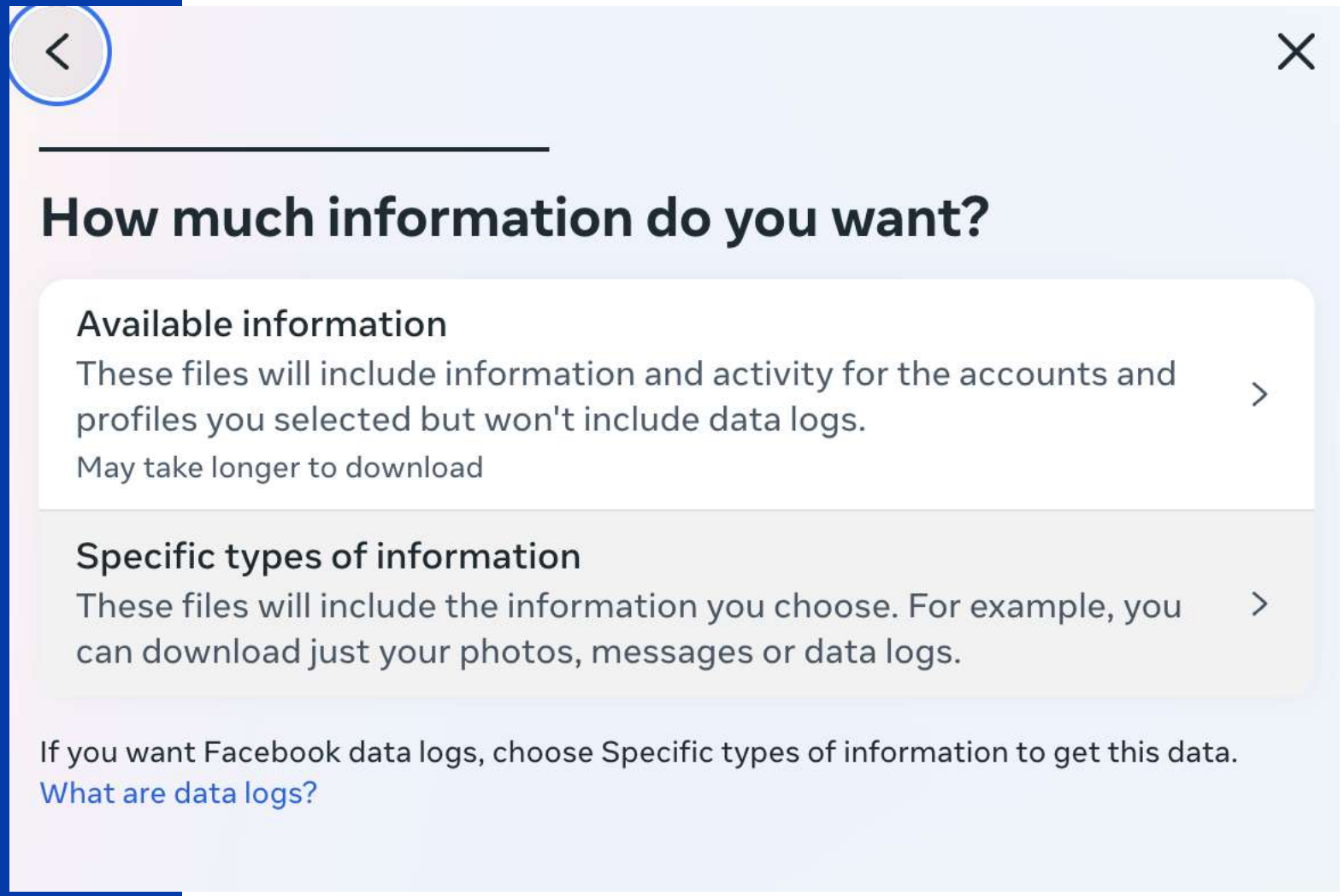
Each account or profile can only have one pending request at a time.

Phil Barth
Facebook

philbarthspeaks
Instagram

Learn how to download information from your Facebook Page

Next


How much information do you want?
Available information
These files will include information and activity for the accounts and profiles you selected but won't include data logs.
May take longer to download
Specific types of information
These files will include the information you choose. For example, you can download just your photos, messages or data logs.
If you want Facebook data logs, choose Specific types of information to get this data.
What are data logs?

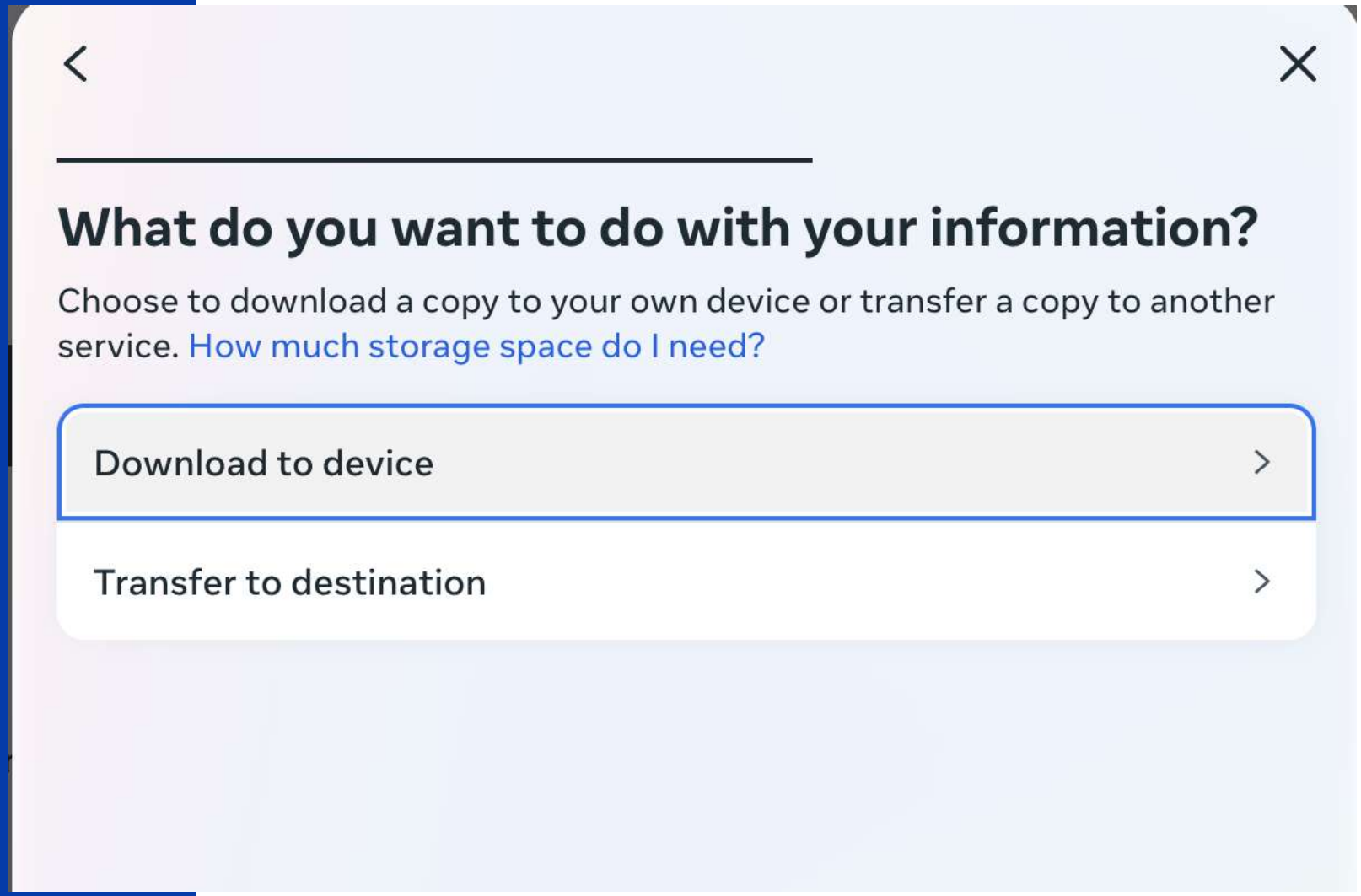
Phil Barth
Facebook

Your Facebook activity

Select all

nformation and activity from different areas of Facebook, such as posts you've created, photos you're tagged in, groups you belong to and more

- [ ] Saved items and collections
- [ ] Voting
- [ ] Messages
  May take longer to download
- [x] Posts
  May take longer to download


What do you want to do with your information?
Choose to download a copy to your own device or transfer a copy to another service. How much storage space do I need?
Download to device
Transfer to destination

Create files to download

When your download is ready, we'll send you a notification. For security, you'll only have 4 days to download your files.

Phil Barth
Facebook
Download one time

Date range
Last year

Notify
phil@philbarthspeaks.com

Format
HTML

Media quality
Medium

After that

Pull up the html file in your browser.
File / Print / Save as PDF.

I am going to upload a text file of my facebook posts from 2018. Please give me a sentiment analysis of the file. Any questions?

No questions. Please go ahead and upload the text file. I'll analyze the sentiment for you.

All posts 2018.txt
Document

I will conduct a sentiment analysis of your Facebook posts from 2018. This will include determining the overall tone (positive, negative, or neutral) and identifying key themes.

Here's the analysis:

Sentiment Analysis Summary

- **Overall Sentiment:** Predominantly Positive
- **Sentiment Distribution:**
  - Positive: 75%
  - Neutral: 20%
  - Negative: 5%

Key Themes and Examples

1. **Positive Experiences and Gratitude:**
   - **#greatthings:** This hashtag appears frequently, highlighting positive daily experiences and gratitude.

The process from there

Refine with additional ideas

One at a time put in each year.

All output to a spreadsheet or graph

Warnings

- Math had to be checked.
- Memory and processing required starting new threads.