



Choose a subtitle file to upload: No file chosen

☐ Add/Complete gaps
 ☐ Remove dots
 ☐ Remove commas at the end of strings
 ☐ Export file in text format
 ☐ Export file in CSV format

Results of the analysis

Rachel_Yapp_-_How_to_Change_a_Value_-_Z-Day_2013_Vancouver_eng-2.srt

Average words per minute : 163

Degree of readability :

| Sandbox | Children And Above | Adult | **Adult Intense** | Above comfortable standards |

Strings displayed for less than 1.5s

This guideline is perfectly respected

35+ char strings displayed for less than 2s

This guideline is perfectly respected

70+ char strings

Start time	String	Length
00:00:07,663	a social value change is required to change our society for the better.	71
00:01:22,505	when this obsession with cleanliness forces one into compulsive behaviour?	74
00:02:12,900	Psychologists have identified a number of consistently occurring human values.	78
00:02:20,760	that occur globally and they managed to arrange them into this diagram.	71
00:03:50,489	how values have changed in the past, and how they affect our behaviour.	71
00:04:46,072	Whether they intend it or not, groups can also influence societal values.	73
00:05:16,000	and suggests the Civil Rights Movement played a key role in this change.	72
00:06:46,698	I would like to point out that I am focusing on what would be considered	72
00:06:54,500	Things like consuming products you logically know are causing you harm,	71
00:06:58,000	yet you do nothing, slapping on makeup and hair products you know will fade	75
00:08:03,500	Of course we do, providing we put the energy into questioning ourselves.	72
00:09:36,000	it could just be the effect of circumstances over which you had no control.	75
00:09:57,000	Your vice may be incredibly powerful, and seemingly impossible to resist.	73

00:10:26,000	and that you don't have to submit to the pull; you can choose something else.	79
00:12:01,000	or if it exists on a more subliminal level, regardless of impact on health;	75
00:12:50,000	with somebody who provides me with a safe and non-judgemental environment	73
00:13:30,000	and I'm ironically harming myself and my self-esteem at the same time.	72
00:13:43,850	if i'm feeling nervous, or like others will be judging me, for example.	71
00:15:05,000	I think I was shaking with nervousness and adrenaline all at the same time.	75
00:16:09,400	Apologies if you were at the beach that day, I was judging the crap out of you,	79

6+ second strings

This guideline is perfectly respected

Gap of less than 100-140ms between strings

This guideline is perfectly respected