
*Sampling
Inner Experience
in Disturbed Affect*

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A Bulimic Junior High School Teacher

Stephanie Doucette and RTH

Christine (not her real name) was a 30-year-old junior high school science teacher at the time the samples of her inner experience were obtained. Christine satisfied the DSM-III-R criteria for bulimia and considered herself bulimic, although she had never been formally diagnosed. She had, however, enrolled herself in weekly therapy sessions with a group of individuals suffering from anorexia and/or bulimia. With the help and support of her therapy group, Christine was working on restraining her bulimic tendencies; at the time of sampling, she was successfully refraining from episodic binge eating and purging. She stated that she had been able to control her bulimia for considerable periods in the past and was confident she could do so again at this time.

Christine volunteered as a subject in the present study after hearing about it from another group member. She wore the beeper on 7 days over the course of a 3-week period. We discussed 29 (about 90%) of those samples in depth; this report is based on those samples.

We will provide in the next few paragraphs a brief overview of Christine's inner experience as observed in these samples, and then return to describe each salient characteristic in detail. Nearly all (86%) of Christine's samples were complex, many-faceted phenomena which we call Multiple Inner Experience. The elements which were intertwined with each other included, most frequently, Unsymbolized Thinkings,

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but Feelings were also multiply experienced, including simultaneous paradoxical Feelings.

The single most salient characteristic of Christine's sampled moments was the phenomenon of Multiple Unsymbolized Inner Experience, usually several concurrent Unsymbolized Thinkings all perceived as ongoing at the moment of the beep, yet all perceived as separate events on which Christine was able to focus sequentially, one at a time. In most of her samples, Christine described the multiplicity of thoughts as being "interwoven" in her inner experience. However, in two samples, she reported the phenomenon she called "string" thinking (which we are calling Sensed Unsymbolized Thinking) where there was a hint of the thought—a "string" of it—in her awareness; the whole thought existed somewhere in her mind but was "parked," not actually being thought at that moment. Christine reported that such thinking was quite familiar to her.

Thus, Unsymbolized Thinking could be divided into two categories: (a) (Experienced) Unsymbolized Thinking, with or without a visual or verbal orientation but in the absence of words or images; and (b) Sensed Unsymbolized Thinking, where there was an awareness of the content of a thought that was not actually present in inner experience.

Another feature of Christine's inner experience was Feeling, which possessed two main characteristics: (1) Somatically Oriented Feelings, which had a bodily location and a physical quality, in that Christine was aware of a distinct bodily manifestation. Among these somatically Oriented Feelings were (1) anxiety, (which occasionally incorporated a slight feeling of depression), frustration, tension/stress, and "good" Feelings, and (2) Thought/feelings, which had an emotional as well as a cognitive component.

Christine reported experiencing Multiple Feelings in 34% of her samples; many of them seemed contradictory or paradoxical. In two of her samples, Christine reported that she was conscious of an awareness of her current physical state which did not correspond to the actual state of her body, a phenomenon we call Incongruent Bodily Awareness.

Christine reported only one sample which included a visual Image. However, four samples included the phenomenon we have called Indeterminate Inner Visual Experience, in which the inner experience seemed to be visual but in which visual perceptual details were not convincingly present. We turn now to discuss these characteristics in detail.

MULTIPLE (EXPERIENCED) UNSYMBOLIZED THINKING

Christine reported Unsymbolized Thinking in 21 (72%) of her 29 samples, most of which included multiple simultaneous thinkings. She

described the majority of these occurrences of Unsymbolized Thinking to be "just there," with no perceptual mode of experience, but in 3 of the 21 samples, she experienced perceptions that were on the threshold of Wordless Inner Hearing, where words were not actually present to Christine, but where the experience seemed to be more like hearing than simply knowing the existence of the meaning. Two other samples verged on Wordless Inner Speech, where again, words were not actually present to Christine, yet something was perceived as almost having been "spoken."

For example, in Sample #13 Christine experienced multiple incidences of Unsymbolized Thinking at the moment of the beep; all were perceived to be in her awareness at the same time and yet also seemed to be somehow sequential. She had been standing in line outside the Department of Motor Vehicles, talking to a woman who was concerned because her driver's license expired that day. Christine was saying aloud, "In fact, I think you have a grace period after it expires," and the beep sounded in the middle of the sentence. At that moment, Christine was aware of trying, in Unsymbolized Thinking, to resolve a particular characteristic of the situation: Either the woman had not had much experience in the process of renewing her license or she was young and had not had to renew her license before. At the same time, Christine thought, again in Unsymbolized Thinking, that the woman did not look young enough for this to be the case. Also simultaneously, Christine was aware of thinking that although the woman was not beautiful, she was nevertheless appealing because of her high cheekbones and the shape of her eyes. All these occurrences of Unsymbolized Thinking were in her awareness at the same time. However, Christine observed that she also could have "pulled them up and looked at any one of them" in more detail if she had so desired.

Another example of Multiple (Experienced) Unsymbolized Thinking was Sample #21, where Christine was in a movie theater watching a preview for *Dick Tracy* when she was signalled by the beep. At that moment, she was wondering about the motivation behind the making of such movies starring comic book heroes. In Unsymbolized Thinking, she was wondering if the object was to get the characters back into kids' lives, or whether profit was the motive, with the relationship between children and comic book heroes being a collateral effect. Simultaneously, Christine was aware of making a distinction between the two motives and of hoping that profit was *not* the overriding motivation for making those types of movies. All aspects of the thought seemed to her to be "interwoven," as if they were all in her awareness at once, yet she was aware of being able to focus sequentially on first one part of a thought, then another.

Sample #30 was another example of Multiple (Experienced) Unsymbolized Thinking. Christine had just said, "Hi. How are you?" to one of her students who had just arrived carrying an exhibit for the class Science Fair. At the moment of the beep, Christine experienced several simultaneous occurrences of Unsymbolized Thinking which, if put into words, might be "It's small"; "What is it?"; "Where's her model?"; and "She's a good kid." As in Sample #21 above, she described these thoughts as being sequential, as if somehow "braided together," overlapping in time but also coming one after the other. Simultaneously with the Unsymbolized Thinking, Christine also experienced two separate Feelings: A fleeting, warm Feeling that might be expressed as "She's a good kid!" and a continuous anxious awareness, felt in the left side of her heart, of all the things Christine had to do that day.

MULTIPLE SENSED UNSYMBOLIZED THINKING

In one of her samples, Christine reported an experience we call Multiple Sensed Unsymbolized Thinking, the ongoing awareness that a thought was somehow present in consciousness, but was somehow "on hold" or "parked."

The example of Multiple Sensed Unsymbolized Thinking was Sample #24. Christine was sitting in her evening class at the university waiting for the lecture to begin. At the moment of the beep, she was leafing through a summer class schedule, searching for a particular registration policy and saying aloud to a classmate, "Why would they tell you in a catalog that you can register in advance when you can't?" At that moment, Christine was aware of three Unsymbolized Thinkings experienced simultaneously yet separately. Two of the three Thinkings were examples of (Experienced) Unsymbolized Thinkings, and each of these was composed of several "subthoughts." The third of the three simultaneous Thinkings was Sensed Unsymbolized Thinking.

The first Unsymbolized Thinking involved three simultaneous subthoughts. Christine was thinking (1) about showing her classmate the advance registration policy; (2) that she wanted to show her friend that the policy was indeed stated in the catalog; and (3) that she wanted to help her classmate. A questioning, confused Thought/Feeling (to be explored in the Feelings section below) accompanied these thoughts.

The second simultaneous Multiple Experienced Unsymbolized Thinking again involved three subthoughts. Christine was (1) thinking that the inclusion of the statement about advance registration in the schedule seemed pointless because no one would benefit, since students

could not register early; (2) wondering how the statement would help anyone; and (3) wondering why the university bothered to put the information in the catalog when it did not seem to be helpful.

The third simultaneous thought was *Sensed Unsymbolized Thinking*, a wondering of why the university would handle their registration policy in such a manner. However, the whole of this thought was not present in her awareness explicitly; rather, there was just a hint of it, what Christine called a "string" of the thought. The thought itself existed as having "gone off," as being "suspended" or "on hold" somewhere in her mind, but she was still aware of the slight pull of it, which she called the "string." This string, which was somehow "attached" to the thought, was actually present in her awareness at the moment of the beep, but was only a small part of the whole thought about the university's handling of the registration policy. This thought existed as an entity, but was not itself in awareness. The string which was attached to it signalled its existence and its availability as something to which Christine could return.

We wish to make this rather difficult phenomenon explicitly clear. Christine's wondering about the university registration was, at the moment of the beep, a concretely existing thought, but it existed in a suspended, outside-of-awareness manner. It was *not* the case that Christine simply knew she should return to thinking about university registration at some later time: Instead the *thought about university registration itself* was somehow *there*, present in her mind but outside her direct awareness. Inside her direct awareness was the "string"—the awareness that the thought was awaiting her attention.

(EXPERIENCED) FEELINGS

Christine reported Feelings in 20 (60%) of her 29 samples. Christine's Feelings could be divided into two categories: Somatically Oriented Feelings (emotions, including anxiety, frustration, tension/stress, as well as "good" Feelings, which were experienced as located primarily in her body), and Thought/Feelings (experiences which involved an inextricable fusing of cognitive and emotional components). Most Feelings were directly experienced in Christine's awareness; one Feeling was *Sensed* to be existing outside awareness and will be described in a separate section.

Christine gave clear, simple descriptions of the Feelings she experienced at the moment of the beep, but the phenomena she was describing were often quite complex. It soon became evident that this complex-

ity existed in two forms: Occasionally, a Feeling would itself be complex, for example, anxiety which included a depressed, sad, enervated aspect. On other occasions, the complexity came from two or many separate Feelings existing simultaneously, not as aspects of each other but as separate, distinct, concurrent awarenesses. We call this latter phenomenon Multiple Feelings, and wish to reemphasize that it involved separate simultaneous Feelings, not a complex single Feeling.

Somatically Oriented Feelings

Christine experienced Somatically oriented Feelings, where the phenomenon of emotion had a clear physical focus, in 14 (48%) of her 29 samples. She was fairly consistently able to localize these corporeal Feelings in specific areas of her body. Some emotions, such as anxiety, were felt to exist in precisely the same bodily location (left side of heart) each time they occurred; however, other emotions, such as frustration, were located in different parts of the body at different occurrences.

Christine reported Feeling anxious in 8 (28%) of her 29 samples. For her, anxiety was an active type of Feeling synonymous with feeling pulled or "harried." For Christine, the Feeling of anxiety always manifested itself as a physical sort of discomfort specifically located deep inside her chest, just left of the center, in the left side of her heart. On a few occasions, a slight depression was incorporated into the anxiety, which she described as a "sadness or lowness," a "lack of energy," or an unsettling "sunken feeling."

Multiple (Experienced) Feelings

In 10 (34%) of her 29 samples, Christine reported two or more separate, simultaneous Feelings, each of which she perceived as a distinct inner experience.

For example, in Sample #4, Christine was driving her car, mentally reviewing what she must do to make her classroom appear organized and effective for a visit from the principal of another school. At the moment of the beep, Christine was aware of a Feeling of tenseness inside her head; it seemed to Christine as if her brain were pressing against her skull. Simultaneously, she experienced an anxious Feeling inside her chest in the left side of her heart. Thus Christine was simultaneously aware of two separate Somatically Oriented Feelings, tension and anxiety, each of which seemed to exist in a separate location in her body (in her head and her chest). These Feelings seemed to Christine to spring from the situation with which she was concerned at the moment.

The principal from another school was scheduled to observe her teaching and Christine was concerned about the impression her classroom would make on this important visitor.

Additionally, at the moment of the beep, Christine was aware of an Image of her classroom seen from the perspective of standing at the classroom door at the opposite side of the room from her desk. This Image was a series of scenes of her classroom (chalkboard, bulletin board, her desk), all in color but not vivid.

At the same time, she had a sense of "hearing" a series of thoughts, all present simultaneously, which if put into words (although no words were actually heard) might be: 'I'll need to clean more'; 'I'll need to make sure the room looks organized'; and 'I wonder what she'll consider good enough.' There was some emphasis on *need* and *organized* even though it was not words themselves that were emphasized. Also simultaneously, Christine was aware of the isolated concepts "colorful" and "bulletin boards." She "heard" the thoughts and concepts spoken in what seemed to be a softer version of her own voice, yet she had no sense of her own voice speaking. Furthermore, she was not aware of actually hearing the particular words. Thus, these thoughts are examples of Multiple (Experienced) Unsymbolized Thinking which in some way verge on inner hearing.

Contradictory Feelings

In half of the cases of Multiple (Experienced) Feelings, the simultaneous Feelings were perceived to be in some way contradictory to each other. An example of this paradox was found in Sample #23, where Christine was driving her car, listening to a Joe Cocker song on the radio, and singing along ". . . Lift us up . . ." At the same time, she was reflecting on an earlier telephone conversation she'd had with the principal of another school, during which the principal had expressed a desire to have Christine teach at the other school.

As the beep sounded, Christine was experiencing three Contradictory Feelings: a "good" Feeling which contrasted with a Feeling of anxiety and another, separate Feeling of stress. The "good" Feeling felt "warm and bubbly," and was experienced primarily in the center of her heart, radiating outward within her chest. She understood this good Feeling as springing from two distinct sources, the job offer and the music.

Concurrently with the good, warm Feeling, Christine experienced a slight anxiety that manifested itself in the left side of her heart, and a stressful Feeling felt in her head. As she described it, the anxious and

stressful Feelings seemed almost to be in competition with the warm, bubbly Feeling, although this warm Feeling, on which Christine was focused when signalled by the beep, was perceived to be the dominant one.

Simultaneous with these three Feelings, Christine had a Congruent Bodily Awareness of a slight headache, felt inside the front of her skull as a pushing, throbbing feeling. Also simultaneously, Christine was aware of having a knot in her stomach, the result of having bolted down her lunch. She perceived this Bodily Awareness to be in the background of her inner experience; accompanying this Bodily Awareness was an Unsymbolized Thought, which, if put into words, might be, "Oh, it's still there!"

Another example of Contradictory Feelings was Sample #29. Christine was walking in the hallway at her school, playfully arm wrestling with her son, and smiling at something he had said. Another teacher passed by and observed, "Your morning's starting off tough!" As the beep sounded, Christine was wondering (in Unsymbolized Thinking) if she had been rude in not responding to the teacher. Also simultaneously at the moment of the beep, Christine was aware of a fragment of the teacher's comment remaining in her mind, reverberating as though Christine "heard" the words being repeated, one word at a time, although she was not actually "hearing" the words *per se*. Thus this is an example of Unsymbolized Thinking verging on inner hearing.

Christine simultaneously experienced two separate and Contradictory Feelings: a Somatically Oriented Feeling of slight anxiety, felt in the left side of her heart, and at the same time another Somatically Oriented "good" Feeling, murmuring and bubbling through the middle of her chest, as well as in front of her face. She experienced both Feelings in the same general area in her chest, but the anxiety seemed to be to the left of the "good" Feeling.

Thought/Feelings

Christine reported phenomena we call Thought/Feelings in 11 of her 29 samples (38%). She described Thought/Feelings as events that are an inextricable merging of both emotional and cognitive aspects. From the Feeling standpoint, Thought/Feelings were emotional events which were not as physical as Somatically Oriented Feelings, but often did possess some physical component, such as a bodily sense of distress or urgency. From a cognitive standpoint, Thought/Feelings were "fuddled," or otherwise cloudy thinking processes. Christine's Thought/Feelings often appeared to incorporate an underlying sense of urgency, a need to get something done.

Thus Thought/Feelings seemed to share experiential aspects both of Unsymbolized Thinkings and of Feelings, and it may seem that we could have concluded that the process we call Thought/Feeling was actually two parallel processes, one Unsymbolized Thinking and one Feeling. However, Christine was clear in describing this kind of experience as one phenomenon with two aspects, *not* two experienced processes occurring in parallel.

One illustration of Thought/Feeling was Sample #26. Christine was in an evening class watching a film about teenage suicide. In the film, a father was saying to his adolescent child, "I've decided I'm going to spend a lot less time telling you how to live your life." At the moment of the beep, in Unsymbolized Thinking, Christine was aware that, even though she had often given her own son some leeway, she ought to do so more often. Simultaneously, Christine had the Thought/Feeling sense of admitting to having made a mistake, which she experienced as a "right" kind of feeling of relief in the center of her body, in the chest area. The cognitive aspect of this experience (that she had made a mistake and was right to admit it) and the feeling aspect (relief in her chest) were not at all separate. It was as if she were thinking the thought in her chest.

Sample #14 provides another example of a Thought/Feeling. Christine had been searching through the contents of her purse, trying to locate some object, when she came upon her address book. As the beep sounded, Christine was Unsymbolized Thinking that since she had not heard from her aunt in a week, it might mean that all was well with her grandmother, who had been ill. At the same time, she had a Thought/Feeling that it was urgent that she telephone her aunt, a feeling that was perceived by Christine to be located in her chest area. Here again, the cognitive aspect of the Thought/Feeling experience (the need to telephone) was not separable from the feeling aspect (urgency felt in her chest).

SENSED FEELINGS

In Chapter 8, and in the Unsymbolized Thinking sections of this chapter, we have distinguished between Experienced and Sensed phenomena. All the Feelings which we have described so far in this chapter have been "experienced" Feelings—emotions whose content and bodily aspects were directly present in Christine's awareness. Christine also had one sample of "sensed" Thought/Feeling, where the knowledge

that an emotional experience was occurring within her occupied a piece of awareness, but where the cognitive/emotional experience itself was not part of awareness.

In Sample #27, Christine was in her evening university class where the professor was going over the test the class had taken the previous week. The primary focus of Christine's inner experience was an Experienced Feeling of frustration, directly experienced as tension in the middle of her upper body (a Somatically Oriented Feeling). At the moment of the beep, she understood that the frustration was the result of having gotten a question wrong because the professor had given incorrect information to answer Christine's request for clarification during the test. This understanding was expressed as an Unsymbolized Thinking which, while nonverbal, might be expressed as, 'This was the question I asked you about, and you answered a certain way, and now I got it wrong.' Also present at the moment of the beep was a Sensed Thought/Feeling of confusion, a muddled Thought/Feeling which, if put into words, might be 'What is it that I missed?'; 'Now, wait a minute!'; or 'Have I misinterpreted?' However, these Thought/Feelings of confusion were themselves *not* being directly experienced. Instead, only the "string" of this awareness was currently in Christine's consciousness. The whole confused awareness was temporarily set aside and not currently focused on, but was waiting for her to get back to and address it. The "string" of this awareness was a part of Christine's ongoing experience: A small piece of this confusion was present in her awareness, along with the Unsymbolized Thinking, reminding her that the unfinished confusion awaited her attention. Additionally, Christine had a related Sensed Unsymbolized Thinking that she could take care of the problem later, and that she would speak to the professor about it after class.

BODILY AWARENESS

Christine was aware in 6 (21%) of her 29 samples of bodily sensations that had no particular emotional significance. We call this phenomenon Bodily Awareness to differentiate it from Feelings, which, as we have seen, also often possess a physical quality but which include an emotional content. Christine's Bodily Awareness was either Congruent, where her awareness of her body accurately reflected her actual physical state at the time, or Incongruent, where her awareness of her body did not accurately correspond to her actual physical state.

Congruent Bodily Awareness

An example of Congruent Bodily Awareness was Sample #8. Christine was removing clothes from her dryer and came upon a T-shirt imprinted with the words "South Wind," the name of her softball team's sponsor. In Unsymbolized Thinking, she was reiterating this phrase in her head and articulating it, although there were no words *per se* in her awareness. At the same moment, seeing the name on the shirt triggered the awareness of a bodily soreness resulting from her first softball practice of the season; this was strictly a Bodily Awareness with no emotion attached to it. We call such an experience Congruent because the awareness accurately represented the actual soreness in her body.

Incongruent Bodily Awareness

Christine had two instances of Incongruent Bodily Awareness, which did not accurately reflect her bodily state. Both were sensations of "puffiness." Although she experienced this awareness in only two of the 29 samples discussed in depth, Christine indicated that she experiences this puffiness periodically in her everyday life, and stated that such sensations, which she called "feeling being fat," were more common when she was actively bingeing and purging (which was not the case at the time of sampling).

In Sample #1, Christine described puffiness as "a feeling of feeling the weight," a perception involving feeling her body expanding against her skin, almost as if her inner body were growing larger, moving outward in her upper arms, hips, and face, the areas with which she is the least satisfied. For Christine, it was a sense of her body inflating at its peripheries, a "growing" that did not include expansion of her inner organs. As the puffiness set in, Christine was cognizant of an awareness of "feeling being fat," which was to emerge again in Sample #28.

In Sample #28, Christine was in her car driving to school. At the moment of the beep, she was reexperiencing how it felt for her to be thin, aware of a joyous Somatically Oriented Feeling of lightness—a "rush" in her face and chest. Simultaneously, she was aware of an Incongruent Bodily Awareness of the heavy, boneless puffiness she was experiencing in her body now. The heaviness was perceived to be located primarily in Christine's thighs and chin area, and was accompanied by a Feeling like being in mourning, sad and wistful. The ponderous, puffy sensation had the effect of making Christine seem somehow "extra." Also at the same moment, Christine was cognizant of actively and cog-

natively comparing her reexperienced “joyously thin” Feeling with the Incongruent Bodily Awareness of puffiness.

INNER VISUAL EXPERIENCE

Christine reported one relatively clear Image and four samples (14%) where her experience was of inner visualization but where characteristics of the image were difficult to specify. We call this phenomenon Indeterminate Inner Visual Experience.

Images

The sole Image Christine reported was in Sample #4, described earlier in the section on Multiple (Experienced) Feelings. At the time of this sample, she had been thinking about preparing her classroom for a visiting principal’s visit. At the moment of the beep, Christine was aware of an Image of her classroom, in color, although the Image was not a vivid Image. The experience was the seeing of a series of scenes of her classroom. All were present in her awareness simultaneously, yet she focused separately on each scene, a process she referred to as “scanning.” At the moment of the beep, Christine was scanning the Image clockwise, from the perspective of standing at the classroom door at the opposite side of the room from her desk (as it is situated in reality). She started her visual scanning at her desk, which seemed to Christine to be more distant than it would be from that vantage point in reality. At first the desk was out of focus, but as she imaginably scanned it, the desk became “pretty crisp.” Next she scanned past the chalkboard to the bulletin board, picking out various displays and focusing on them. At the time of these scanned images, Christine was aware of Unsymbolized Thinking concerning getting the classroom ready for the visiting principal—needing to clean, to make sure the room looked organized. Also at the same time, she was aware of the concepts “colorful” and “bulletin boards,” although not the words *per se*.

Indeterminate Inner Visual Experience

At Sample #27 (discussed above in the section on Sensed Feelings), Christine was remembering how she had consulted with the professor of her evening class about an item on the test she was taking. Christine was visually aware of herself walking up to the professor’s table in the front of the room, “seen” from the perspective of her seat in the class-

room. She “saw” herself from the side, leaning over the table, pencil in hand. She was cognizant of both her own and the professor’s upper bodies leaning over the table, but had no sense of the clothes they were wearing, only the knowledge that her forearm was bare. However, these seeings were not as clear as those in the classroom described above; for example, she was not sure whether she “saw” the pencil or just knew it was there. The only portion of the scene which she was confident of actually seeing was her bare forearm. This lack of clarity of the distinction between seeing in inner experience and simply knowing the visual details of the scene is the feature which leads us to call such an experience Indeterminate.

Sample #28 (described in the section on Incongruent Bodily Awareness) also included an example of Indeterminate Inner Visual Experience. Christine was reexperiencing being thin, and was at the same time imagining herself in a conversation with her husband, “seeing” herself acting in a light, spontaneous manner—the way she remembered acting when she was thin. She “saw” herself full-face, but had little access to the visual details of the image. For example, she could say that only her face, not her whole body, was being “seen,” but could not be more explicit. Furthermore, her husband was known to be in the scene but was not being visualized; Christine simply sensed an awareness of his presence.

DISCUSSION

Multiple inner experience was the rule for Christine, rather than the exception. In the majority of her reported samples, Christine was aware of Feelings, often two or more, as well as several Unsymbolized Experienced or Sensed Thinkings. She perceived all such inner experiences to be occurring both concurrently and consecutively, in a pattern she described as “interwoven” or “braided together.”

Christine’s samples require that we make the distinction between Experienced and Sensed processes. Christine referred to Sensed processes as having a “string,” where the process itself was intact but suspended outside of immediate awareness, with only a “string” present in awareness which was somehow connected to the process itself. The similarity of metaphor between Christine’s “strings” and Ashley’s “tails” (see Chapter 8) was striking; we shall return to discuss this in more detail in the next chapter.

Christine reported experiencing Feelings almost as often as Unsymbolized Thinking. For her, Feelings were Somatically Oriented, possess-

ing bodily locations and a physical quality, perceived as either active or passive, and included anxiety, frustration, tension/stress, and "good" Feelings. Christine often experienced more than one Feeling in a given sample, and many of her samples contained Contradictory Feelings.

Much of the time, Christine's emotional awarenesses included undifferentiated affect and cognition, leading us to create the salient characteristic we called Thought/Feelings. We shall see in the next chapter that this pattern was characteristic of other bulimic subjects as well.

Christine's Incongruent Bodily Awarenesses, experiences where there is an awareness of bodily position or state that does not correspond to the body's actual condition, are quite unusual in our sampling experience, although as we shall see in the next chapter, such awarenesses occur in other bulimic subjects as well.

Christine reported only one Image in her samples. That Image had qualities similar to her Multiple Unsymbolized Experience and her Multiple Feelings, in that, rather than one Image, it was more a series of images all present in awareness simultaneously, yet Christine was able to focus separately on any of them. Additionally, Christine experienced several occurrences of Indeterminate Inner Visual Experience that, while not clearly images, nonetheless had an unequivocally visual component and provided the sensation of "seeing."