

Evan Mcgloughlin

Summary of Evan's Inner Experience

Evan's first salvo of descriptive experience sampling involved 7 sampling days, nominally 6 samples per day. We discarded the first day (as is usual in DES) and on two days we discussed only 5 samples each; therefore this discussion is based on 34 total samples.

By far the most salient kind of experience was sensory awareness—attending to some particular sensation for its own sake (not for its instrumental utility). We were confident that 16 samples included sensory awareness and another 7 probably included sensory awareness (we counted them as .5), for a total of 19.5 samples that included sensory awareness (57%). Sensory awarenesses occurred in a variety of modalities: tactile (8 samples), bodily (6 samples), color (5.5 samples). There were 6 samples that included two or more simultaneous sensory awarenesses in different modalities.

The prevalence of sensory awareness was a surprise to Evan.

Inner speaking occurred with confidence in 9 samples and possibly in two more (counted as .5) for a total of 10 inner-speaking samples (29%). A few (but *not* most) of those included the experience of lip or mouth movement. Some inner speakings were of complete sentences; more were what RTH calls *captions*—an articulation that seems simply to label what is being considered. None was *predicated* in the Vygotsky sense—conveying the predicate of a sentence without the subject of the sentence being articulated. There were two samples where Evan was reading with comprehension—these did *not* include inner speaking—and one while writing, which *did* involve inner speaking.

Inner seeing (a.k.a. seeing an image) occurred in 4 samples (11%). Three of these were clear and colorful; one was only slightly differentiated.

Unsymbolized thinking occurred on 2 or perhaps 3 occasions (7%).

He had zero instances of straightforward feelings (such as anger, sadness, anxiousness) as are described in other DES studies. He did have 3 samples that included a valenced bodily sense (relaxed, positive, or energized) which seemed to be at the border between bodily sensory awareness and feelings; in these samples, this sense existed throughout his body.