

Evan 0
Evan Introductory Interview

Below in black is a word-for-word transcript of the July 4 sampling interview 0 with Evan that is available on YouTube at <https://youtu.be/uccj1a5kQl8>. In green are Russ's comments, and in blue are Gualtiero's comments about and explanations of the Descriptive Experience Sampling process inserted after the interview. If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

GP = Gualtiero Piccinini

Evan = Evan Mcgloughlin

0:06 RTH: It is still early here., So our,

0:08 Evan: It's late here. [they laugh]

0:13 RTH: You have a beeper!

0:15 Evan: I do, indeed. I'm excited. That's good to have a beeper a little bit larger than I expected it to be, but I dunno why I, I had any idea in my head of what it was gonna look like.

0:27 RTH: It's probably a little bit older than, it's probably a little bit older than you expected it to be. And, uh,

0:33 Evan: Just a little bit. But, um, it does the job so it doesn't, doesn't really matter. It doesn't, not in need of innovation.

0:40 RTH: Yeah. It, it, it, it is I think the third, third, third iteration of the beeper that I've used, but I've used this, these particular beepers for 20 years, maybe, something like that. Really pretty long time.

0:53 Evan: Time. What was the first, what did the first iteration look like?

0:53 Russ comments: Here's a pic of the beepers I have used.

0:56 RTH: Well, it looked more or less the same. They were all square boxes that you could buy on the, but they, but the, the first box was both, both of the first two boxes were somewhat bigger.

1:08 Evan: Yeah.



- 1:09 RTH: Okay. So I've built, I've built these things and so you, I can build only built them out of the components that one can buy, in, in what used to be stores.
- 1:20 Evan: Your, your background is as a engineer, right? Is that correct?
- 1:25 RTH: Yes. I was an aeronautical engineer in a previous lifetime.
- 1:28 Evan: Right. Yeah. Cool. Very cool.
- 1:32 RTH: So I think that the, that we've got basically two things that we, three things that we, we need to talk about today, I guess. So as far as I know, one is the operation of the beeper. The next is what you're gonna, what you're gonna do, what the, what the task of experience sampling is. And third, when we're, when we're gonna do this again. And, uh, is there anything else that we should be talking about on this, this call?
- 2:04 Evan: No. No, I think I have nothing on my side.
- 2:09 RTH: Well, I don't have a choreography as to which one of these things we should do. Anybody got a preference as to where we should be begin?
- 2:17 Evan: You're the expert. Whatever way. Right? Let's whatever way you wanna do this.

Beeper mechanics

- 2:20 RTH: Well, let's, let's do the beeper. Let's, let's make sure we understand what the beeper is. So the beeper has on the, on the top of it, on the end, on the end of it, two controls. It's got a thumb wheel that you can twist, and a button that you can push. [Evan: Mm-hmm.] And the thumb wheel that you can twist should turn the thing on and off. So go ahead and turn, turn that thing and see whether a beep, see whether a beeper comes on. [Evan nods and holds the beeper up to the camera] So Zoom is gonna filter out...[Evan: I hear noise.] Zoom, Zoom is gonna filter out the beeper, the beep, so we can't hear what you can hear. Zoom does an excellent job of excellent job of, of, uh, canceling out the beep. So the, is it, is it beeping now, softly? And the, and if you push the white, [Evan: It is indeed. Yeah.] If you push the white button, that beep should stop.
- 3:01 Evan: That is exactly what happens.
- 3:03 RTH: Alright. Now if you push the white button again and hold it down, hold the white button down, then it should give you a square wave beep—beep--beep. [Evan nods affirmatively] Okay. Now the purpose of that is the twofold. One is, if you've got the beep around for a while and you wanna know whether it's still working, you can push that button and hold it down at any time. And if it gives you that kind of a square wave, then that means it's beeping. [He misspeaks—he intends that the square wave means it is running.] And the other thing that it can do is it can adjust the volume. So let's, let's take a look at the earphone first. And, uh, so I sent you

3:37 Evan: Should I switch out my [earbuds],

3:38 RTH: You can keep one of those in.

3:42 Evan: Let me,

3:43 RTH: I think I sent you the earphone as if you were gonna wear it in your left ear, which I don't really care about that, but that's, I think,

3:50 Evan: Yeah.

3:58 RTH: If you'd prefer to wear it in your right ear, we can switch the hook around .,

4:07 RTH: And the hook itself is a little bit flexible, so you can bend it around and make it, make it somewhat secure. [Evan: Okay.] And then let's plug the other end of that into the jack that's at the top of the... Yep. And now let's push the white button down and hold it down again. So you should be able to hear the square wave through the, through the earphone. Same thing that you heard before, except now through the earphone. [Evan gives thumbs up.] And *now* you can adjust the *volume* of that by twisting the thumb wheel. You have to hold it down, hold the white button down while you do that.

4:38 Evan: I got it.

4:38 RTH: And the object is to make a beep, which is, which is loud enough so that there's no question about it. This is the beep! [snaps finger] but not so loud that it, it startles you. And you'll, and you'll discover that, that it depends on where you are when have to do that. If you're in the, in the library, then you need to have the beep relatively soft. If you're in your car, you need to have the beep relatively loud. And you can always adjust the beep by pushing down the white button and, and twisting the wheel until it gets to be comfortable.

5:10 Evan: Then the wheel. Got it? Mm-hmm.

5:13 RTH: So that's the basics of the beep. The, the way the beeper, the, the way the beeper works. So when the, the beeper has decided now when it's going to beep and it's going to beep sometime within the next hour, the beeps are randomly distributed. If a beeper decides when to beep, I don't decide when to when it's gonna beep. You don't decide when it's gonna beep. They, the beeper makes up its own mind about that. [Evan: Okay.] And, but it, but it does that from a, a uniform distribution that goes from a very short amount of time, a second or two, up to one hour. So you got a 50—50 chance of having a interval that's longer than half an hour and a 50—50 chance that's shorter than half an hour. And it could be a minute from now and it could be 59 minutes from now. The beeper, the beeper's gonna decide.

Using the beeper

6:00 [RTH continues] And when it, and when it beeps, it's gonna beep that same beep that you're hearing on the square wave, except that that beep is gonna continue on like it did when you first turned it on. It's gonna, when it starts to beep, it'll continue to beep for a pretty long time, half a minute or something. [Evan: Okay.] So your task is to wear the beeper into your natural environments, doing whatever it is that you would naturally do. And, uh, and turn, turn it on, I guess. And, uh, wear it into your natural environments using the earphone, the earphone, the, the onboard speaker isn't good enough for the, the onboard speaker is, is okay for instructional purpose, like we just did. And it's okay to make sure that the thing is working or whatever, but the, but I, in order for the descriptive experience sampling to work, we have to have a beep that's really clearly defined [snaps fingers] and it's like injected into your ear. [points into his ear] And if you've got the beeper using the onboard speaker and it's sitting over there on your desk somewhere and it starts to beep, and you say, is that the beep? Is that the beep? Is that the beep? Oh yeah, that's the beep. Well, by then you will have lost what was in your experience.

7:10 So your object is to put the beeper on, put the earphone in your, or turn the beeper on, put the earphone in your ear, and then go about your everyday business. And then when it *beeps*, your task is to *freeze* the, what we call "freeze." It isn't really freezing, but, but in the ballpark of freezing what your experience was, was ongoing just before the beep began. And by *just before the beep began*, I mean *one microsecond before* the beep began, I don't mean a minute before the beep began, or five minutes or an hour or whatever. I mean, what I really mean is *caught in flight* by the beep. Yes. So I've got a lot of, a lot of terms that I could use for that I could, we could call it *just before the beep begins*, or we could call it *a microsecond before the beep begins*, or *a millisecond before the beep begins*, or *the last undisturbed moment before the beep begins* or *caught in flight by the beep*.

8:10 All those things mean the same thing. I generally say, I generally call all of those things *the moment of the beep*. So *the moment of the beep* is the last undisturbed moment just before the beep. [Evan: Okay.] And all, all those things are approximations. There is no such thing as a last undisturbed moment before the beep, because the beep happens and you gotta rewind your consciousness or whatever that means to freeze, whatever that means, whatever was in your experience, whatever that means at the moment of the beep. So it's all imperfect, but most people, not everybody, but most people find it possible to hear the beep precisely and to say, well, what I really wanted to know was what was going on in my experience *before* the beep got me.

8:57 Evan: Yeah.

8:58 RTH: So I don't wanna know something like, well, I was startled by the beep. Well, the startle clearly came after the beep. [Evan: Right.] And we don't wanna know what you usually do or what your experience usually is, really. We are interested in what that particular experience is, whether it's typical of what you usually do or atypical or doesn't really matter. We're interested in just that one thing.

9:25 Evan: Gotcha.

- 9:25 RTH: So the sampling task is to find a time, figure out, figure out a time where you can wear, where you can plan to wear the beeper for three or four hours. And three or four, there's nothing magic about three or four hours. It's three or four hours is what it takes to, uh, talk about a half a dozen beeps. So what we want you to do is to get a half a dozen, like six, beeps, six samples of your experience.
- 9:51 Evan: Okay. Find a section of my, that was gonna be my concern. Is this gonna be buzzing when I'm in a podcast on quantum mechanics? And then I have to like, am I, I can schedule this around my podcast so that it's not disturbing those conversations.
- 10:06 RTH: Well that's, so you've got control over that. [Evan: Yes.] And, and what I would, what I would say about that is while you're learning how to do it, you probably don't wanna do it while you're in a podcast. But after you've got a few number of days on this, on under your belt of what sampling is like, and you got the mechanics figured out, ironed out, then you might, you might want to *know* what's going on with you when you're having a podcast about po quantum mechanics. And so you could arrange with the guy that's having a, y'know, I'm in the middle of this experiment and said, alright with you if I've got this beep, beep going on, and if it happens, then I'm gonna have to interrupt for 15 seconds and then come back to the, back to the podcast. If that's all right with you, we'll do it. So you can...
- 10:44 Evan: It's actually an interesting point. It's fair. I might, I might try it once or twice. I, I just, just for interest, I think, and, and it does feed into the content and it makes sense. So I don't think that's a terrible idea. I just wouldn't want it always going off during every podcast, if y'know what I mean. But doing it, trying it once or twice, um, that's not a bad idea at all.
- 11:02 RTH: So when, when I, when I think, what I think you will find is that the doing of it is not particularly intrusive. Once you figure it out, after a couple of days of sampling, you'll, you'll put the beeper in and you'll go about doing your everyday life and when it *beeps*, you'll pay attention to what was going on. You'll stop. So the sequence is: the thing beeps, you freeze what's inside your experience, you stop the beep by pushing the white button, and then you jot down some notes about your experience in the notebook. I sent you a notebook, I think.
- 11:31 Evan: I have a notebook. [holds it up]Yeah, I might, I might, I record everything in my own sort of notebook here, [holds up his usual notebook] which kind of goes everywhere. [RTH: Totally...] So I might [RTH: Totally...] depending on if I'm heading out or I'll, I might switch between or...
- 11:42 RTH: Totally fine with me. I don't, I don't have a, I don't have a preference as to how you take notes about it. The note, the notes are between *you and you* rather than between *you and us*. And uh, uh, and by that I mean I want you to write down whatever it takes for *you* to be able to answer questions about what was going on in your experience. And if that's one word, that's fine. And if it's 5,000 words, well that's fine. And if you want draw a picture, that's fine. If you wanna record it on audio notes, that'd be okay as well. I don't, I don't really care about that. The, the object is to get at

Evan's experience with as much fidelity as we can do. And the, and the notebook is just a tool. The whole, the whole process is just a tool to get at that.

12:34

So the only thing I, the only thing I really care about is that you get to peep through an earphone that does make, that does make a difference to me after that, after that, I think Evan knows more about his life and his experience and what he's doing and whatever to know about the, the mechanics of how to do it. And, *and* I think he'll get better at it as, as he gets some practice at it. He won't be very good at it on the first day. He'll be better at it on the second day, better at it on the third day, whatever. That's built into the process.

12:34

Russ comments: An important aspect of DES is genuinely to enlist Evan as a genuine co-investigator. RTH here gives his co-investigator responsibility to figure it out for himself.

The (I think undesirable) alternative is for RTH to tell Evan exactly what to do, as if RTH knows what is best for Evan. It's not true that RTH knows what's best; he has substantial knowledge about DES in general, but exactly how to apply that *with Evan*, RTH and Evan *together* will have to work out.

13:06

Evan:

Yes. Is does that, does my experience in that moment include everything I see, do, could I, do you want, I don't presume you want me to just list off the things in my visual experience? Or do you? It'd be a good idea to clarify exactly what I should write down at that moment.

13:26

RTH:

So I want you to write down whatever is what I call *before the footlights of your consciousness* (stealing from William James). So if what your eyeballs are aimed at is in your experience, what you're seeing is in your experience, then I would like you to take down some notes about that. But your eyeballs could be aimed at something and you're not thinking about it at all because you're actually thinking about what to ask this guy in the next podcast about quantum mechanics. And your eyeballs are aimed at the picture on your wall, but you don't really care about the picture at your wall at the moment. You care about what he might say about quantum mechanics. Then I want you to write down about what you were thinking about quantum mechanics. And I don't, I, so I don't have a favorite modality.

14:12

What I, what I think your question is, do you, does Russ want Evan to provide a catalog of all of his sensory inputs? [Evan: Right.] And the answer is no. I think that's not possible because if we, if we start down that road, we got sensory, we got visual sensory, and then we got what's coming outta your butt on the chair, and we got coming out, what's coming outta your feet, and we got the sound or the air conditioner and we've got a semi-infinite list of po of possibilities. And it could be that Evan is point, is, is experiencing that is before the footlights of his consciousness-ing, doing that for all of those things. So it could be that Evan would be seeing the picture on his wall *and* feeling his butt on the chair *and* thinking about the podcast that he's got coming up *and* here in the air conditioner *and* all that stuff before the footlights of his consciousness all simultaneous at the moment of the beep. If that's the case, well then that's what I'd like to know about. But it's also possible that Evan will have filtered out, you might say, some of those things, or not made as not what I would really say not made experiential, some of those things. Obviously he's responding to all of those things. He's, and by responding, I mean his bag of bones is processing the

edge of his chair because he doesn't fall off the chair even though at any particular moment he's not really making that a part of his directly apprehended experience.

15:39 Evan: Right. Yeah. Makes, makes sense.

15:42 RTH: So the, so the short answer to that is not a list, but only what you have, what your, what Evan's apparatus (whatever that is—I don't have a theory about how that apparatus works), but whatever it is as he has made present to him at the moment, and we'll find out what that is.

16:02 And the second thing is, I, I expect that this conversation will *not* be adequate. So on the first day we will have some, you, you will give an attempt, you, you'll make some attempt and this is what I thought, and we'll have a conversation about that, and you'll have some more questions, and I'll ask some questions and Gualtierio will ask some questions, and you'll say, I dunno, I didn't really pay attention to *that*. And that's the, that's the way the process works. The, the, the process assumes that *none* of us are gonna be very good at it on the first day.

16:32 Evan has never done it before. Russ has never done it *with Evan* before. And Gualtierio has never been on the interview side before. And so we, we all are what I would metaphorically call *wading into the water* sort of together trying to figure out how to talk to each other about evidence experience. And none of us are gonna be very good at it on the first day. And we're gonna find out some, some things on the first day that might make it easier for us on the second day. And then we might find out some things on the second day that might make it easier for us on the third day, et cetera. Or *not*. It could be that this process just doesn't work for Evan and he's worse at it in the second day than he was on the first, or whatever.

17:12 That's, that would be interesting as well. So I don't want to rule out that possibility, that process. What I, what I have been describing, I call the iterative process. If you're a mathematician type or y'know, what iteration is, you, you, you wanna, you wanna find out what the value of function is at, at when X is equal to 10. You make a guess at X equal 10 and you, and you calculate it and then it turns out not to be the right answer. So then you feed that information back into your equation and estimate it again, and, and do that again until your estimates have settled down. That's the mathematicians iteration. And that's the *model* that I think was, is appropriate here. We're gonna ask some questions. You are gonna be off the track, the questions are gonna be off the track. Tomorrow. We're gonna be a little bit better at it and we'll get closer to the track on both sides.

18:08 Evan: Yeah, sounds good.

18:13 RTH: So what we're, what we're interested in...

The beeper beeps while we are talking.

18:16 Evan: Beeping! It's beeping.

18:17 RTH: Okay. So if the, if that had been a beep, your task would've been to freeze whatever was going on with you, then press the button, and then take, then jot down some notes about it.

18:30 Evan: Okay. Do you want me to do that?

18:33 RTH: Sure.

18:34 Evan: Okay. I'll write "Russell was filling me with the lack of confidence of how bad I'll be at, at this." [laughs]

18:42 RTH: Okay.

18:49 Evan: And I think I was thinking that in words.

18:52 RTH: Okay. And then Russ would ask, "well, what were those words? If they were in words, what were they?"

19:05 Evan: I was thinking this, I'm going to be bad at this. [pause while he writes] So I believe in that moment, in my experience, I was aware of both of your faces, and I was kind of aware of the fact that you both have, or it kind of, it looked like behind you was also some sort of depiction of the world, Russell, which I thought was interesting, but it's not that. But I, [laughs] and behind Gualtiero is a globe. And both of those things I think were, in my experience and I was sort of moderately thinking that that picture painting looks the same as the globe.

19:50 RTH: In some way. Okay. All right. And, and you said something about that being in words. Was that in words

20:01 Evan: [laughs] I don't know!

20:03 RTH: Okay. So the, so I don't really care whether things are in words. You *said* it was in words. And so I wanna know whether, whether you meant that literally or whether you meant that figuratively. And, and what I, what I would point out about that example, about that example is that your experience is, I guess you could say, unpredictable. It's *not* tied to, I I was stuck in, I was carrying on about the iterative method or something like that. And *you* were thinking about worlds somehow. So your, your experience is not directly tied to what's going on in the external world. And, and what that means is that there...[Gualtiero raises his finger] Go for it, Gualtiero.

20:47 GP: Um, so Evan shifted. First he said Russell was, uh, going on about how I'm not gonna be good at this, which is true, you were, or at least like, y'know, a little prior. Um, but of course the question is, is that what was in Evan's experience? And y'know, the question for you, Evan, is, is that what you were experiencing at that moment? And you said it was in words, so it made it sound like you were thinking about that. Uh, but then *later* you said, y'know, you had this visual awareness of our faces and the globe and the comparison with the picture behind, uh, Russ. And of course it's compatible. You could have both in your experience. You could have both like a visual experience and a comparison between the globe and the, and the paint and the picture behind Russell. *And* a thought about Russell telling you that you're not gonna be good at this.

Um, but so the question would be, are all of those in your experience at that moment? Or you just *know* that Russell had been thinking, y'know, telling you these things, but what was in experience at the moment of the beep or right before the beep was this visual comparison of the globe and the picture and the faces and all that. So that would be [Evan: Right.] Also, there's a question, but there's also a little maybe clarification of what we're looking for.

22:17 Evan: Right? Like no, it's, it's a good point. I would say that the realization that I had about the globe and the painting probably happened a good bit *before* the beep. But then when I was called upon to recall the experience, it all kind of came through as I was kind of looking for an experience that I had and I was kind of looking backwards in time to see what the experience was. And it was quite hard to look back as far as just before the beep and no further back. Wa, was a challenging thing, I think. Um,

22:52 RTH: So I, I, I agree with everything that Gualtiero said and, and I think it does illustrate the complexity of the task.

23:01 Evan: For sure.

23:02 RTH: But, but uh, but I would, but I would also say, I, I also wish to emphasize that the particular task that you did right now is a *terrible* DES task. And the, and the reason, the reason for that is that the beep that sounded in your ear at, at that particular moment, one, y'know what 9:23 or 6:23 your time or whatever that beep, whatever that beep was, that beep did not mean for you at that moment *pay attention to my experience right now!* That beep meant, *well maybe I'm supposed to be paying attention to that. Maybe I'm supposed to be, well I'm not, not even sure. Is that the beep? Is that really the beep?* You got a whole constellation of stuff that makes that a *really crappy* DES beep. And, and, and so Gualtiero is 100% right that we wanna distinguish between sort of the context (Well, Russ was telling me this, I'm gonna be bad at this) and, and, and, and, and the specific about, well, I was comparing the globe to the picture. We are gonna be interested in that. But... *And*, and it might very well be difficult or it might be easy, but what I, the purpose of *this* lecture is to say, we gotta get you to the place where *the beep means one and only one thing* and you're not there yet. [Evan: Yeah.] And, and, uh,

24:23 And, and, and you and you can't *possibly* be there until we have samples for a couple of days. [Evan: Yeah.] That, that's just part of the iterative process is the recognition that the beep *does not mean* unambiguously *pay attention to my experience now* because, well, we don't know, we, we, we haven't learned how to respond to the beep, and we haven't learned how to figure out what experience is, and we haven't learned out what Russ is gonna say, and we haven't learned what Gualtiero's gonna say, and we haven't learned what the options are for me, and we haven't, we don't know *any* of that stuff yet and, and that's, that, that's just the way it is. And, and as far as I can tell, there's no shortcut to that. That is, we, we, we just have to accept that none of us are gonna be, that *it's not possible* for any of us to be good at this for a while. And we might get good at it and we might not get good at it—that remains to be seen. But for, for pretty sure we're not gonna be good at it on the first day.

- 24:23 Russ comments: That “lecture” aims at the heart of DES: the method depends acquiring skills that are not available on the first day or so. DES calls that gradual acquisition “iterative.”
- 25:24 Evan: I think I’m realizing it’s gonna be harder than I even previously imagined [laughs].
- 25:30 RTH: Well that’s good [said tentatively]. But it also might turn out to be *easier* than you had previously imagined because so far you haven’t done it yet. So [Evan: Yeah.] so what I would, I I would like us, I would like us to be open to the possibility that it’s gonna be harder, and open to the possibility that it’s gonna be easier. It’s gonna be what it’s gonna be, and we don’t know yet. And we’re gonna, we’re gonna find out about that.
- 25:55 Evan: Absolutely.
- 25:57 GP: And, and we’re not trying to be perfect at it. We’re trying to just get some useful information and I’d say that can be done. Um, even if we don’t feel like ever that we are capturing exactly all and only the aspects of the experience that Evan had right before the beep, which I don’t think is really feasible.
- 26:22 RTH: Neither do I.
- 26:24 RTH: We are never gonna be perfect in it and we’re never gonna find, you said in your email, Evan, we’re gonna get at the “deepest of, deepest of Evan” or something like that. That that’s not really true. Actually we’re gonna, we’re gonna get at the, at the most surface of evidence we’re gonna get at whatever, whatever for whatever reason. Interesting or not global, globe and picture or not, whatever, whatever he happens to be interested in, in a particular moment. And we’re not gonna get to the essence of Evan or the deepest of his thoughts. He may learn something about himself that he never knew before. That’s pretty likely, probably. But [Evan: Yeah.] But it’s, it’s an imperfect tool about probably an imperfect thing and yet [Evan: Makes sense.] Probably, probably useful in some way.
- 26:24 Russ comments: Evan had actually emailed “We are all set to discover my deepest inner experience.”
- 27:16 Evan: Can I clarify something around the, just the, the three or four hours per day that you want me to wear this? Does that mean that this won’t be, I (just to clarify), so when I’m starting my four hour session of wearing this for the day, do I initiate by pressing the, the button and then it beeps for the time after that period? Or will it just be beeping throughout the day? And to clarify on that.
- 27:43 RTH: When you, so presumably the beeper has been in your drawer and now you’re, now you’re deciding, well, I’m gonna wear the beeper now. So you get the beeper out of the drawer. When you turn it on, it will come on beeping, just like it did when you, when you turn it, it’ll come on beeping. And then you’re gonna, then you’ll stop the beep by pushing the white button.
- 28:01 Evan: Yeah.

28:02 RTH: And when you, at the moment that you do that, the moment you push that button, it will decide when it's gonna beep begin. It will know when it's, when that beep is gonna happen. And it'll be time between a few seconds and 59 minutes from now. And the *beeper* knows. The beeper knows, but you dunno, and I dunno, and Gualtiero doesn't know.

28:23 Evan: Gotcha. And then I turn it off

28:26 RTH: After

28:27 Evan: A few hours.

28:27 RTH: And then so when, what the few hours is basically we want you to get about six beeps.

28:32 Evan: Okay? Get six

28:33 RTH: . That's, that's the goal. It's not really three or four hours. It's six beeps.

28:37 Evan: It's six beeps

28:38 RTH: Beep. Because we, we found, and

28:40 GP: That only happens once a week. It's not every day. Every, you only do this about once a week, but depending on how often we wanna do the interview.

28:50 Evan: Would you agree with that? You want to do only once I so I only wear it once per week?

28:56 RTH: Close. I would agree with that. What I, what I want the, I want, what I, what I want us to do is to decide when we're gonna do this next. And let's, for the sake of argument, let's say we decide to do this a week from today at the same time, which would be, which would be Friday the 11th or something like that. Let's say we decided that. Then we want you to wear the beeper in the 24 hours-ish before Friday the 11th. So sometime on Thursday during the day or Friday during the day, we would like you to wear the beeper and get us six beeps.

29:29 Evan: Gotcha. That clarified a lot.

29:30 RTH: And that's the, that's the, those are the only beeps that we're particularly interested in. And that's what Gualtiero was saying. What I would expand a little bit about what GTI was saying is if in the meantime you wanna wear the beeper and try it out and see what you're gonna, how, how it sounds and where you're gonna, where you're gonna clip the beeper, and some people find that it's a good idea to wear the earphone down inside their shirt, wear the cable inside your shirt because then it doesn't snag on the doorknob. And, and, uh, and the, the cable will, your shirt collar will keep the cable up against your neck and make the whole thing feel secure. A lot of people think that's good. But you gotta figure that out. I'm not telling you how to do it, I'm just

saying there's some mechanics involved. And if you wanna play around with the beeper between now and then, that's fine with me.

30:17 Evan: I probably will.

30:19 RTH: But the beeps and, and the, the logic, the logic there is I don't, I, I, I want to tell us, I want us to tell Gualtiero [he misspeaks—he means tell *Evan*] very little about what to do in his life. He should do whatever the fuck he wants to do in his life. *Except* when it comes to the, the six beeps that we're gonna talk about, those we would like to be *fresh*, which means within about 24 hours of when we're gonna talk about 'em.

30:48 Evan: That, that clarified a lot. I was kind of thinking that I had made a, a big mistake with this because I thought you were telling me to wear this basically every second of my life for the next six weeks [laughs]. And I was thinking, oh God, this is gonna really disrupt my work, but that's much, that's much, much better than this.

31:06 RTH: So, so you're gonna pick a window, pick a three or four hour window when you can wear the beeper. And that, and we, we don't want that to be a *special* window. We don't want you to set aside *Well, I can, I can, I can wear this the next three or four hours. I can just sit around waiting for the beep*. That that would *not* be good. [Evan: Yes.] We want you to be wearing the beep or doing whatever it is that you would be doing, preparing for a podcast, going to the grocery store, *doing* a podcast, working out at, uh, gym, whatever, whatever you would normally do in those, in those times.

31:36 Evan: Yeah.

31:38 RTH: And then we're gonna find out,

31:39 Evan: Try and get some, you, you said maybe try and get some varied experiences over the weeks. So maybe make a little bit of a conscious effort if there isn't also, I'd be very interested in this for myself going for a walk. Um, if I, if I, I don't wanna be at my desk for every single beep. Go for a walk, go to the gym, try and vary the experiences up a little bit. You agree with that?

32:00 RTH: I do agree with that.

32:02 Evan: Gotcha.

32:02 RTH: And I think that will, that will naturally occur. If you, if you've got a lot of beeps while you're at your desk and you sort of know what's going on while you're at your desk, then you might, you we will naturally think, well, I wonder whether this is the way I am at other times. And

32:14 Evan: Yeah.

32:15 RTH: So then you

32:16 Evan: We'll see how easy this thing is to run with. Uh, I mentioned I was running a lot. I don't, I don't, we'll see how if, if it's easy to run with, I'll, I'll give it a try. Um, I dunno how where I would clip it onto for running or it's,

32:30 RTH: It has a clip. It has a clip, [Evan: Yeah.] And so you can clip it,

32:35 Evan: It might go into the shorts easily enough. Yeah.

32:37 RTH: Or you can, you, you, you can carry it in your hand or you could tape it to your arm or tape it, tape it to your shirt or it, it's pretty robust other than it doesn't want to get wet. So I wouldn't wear it swimming or taking a bath.

32:55 Evan: Won't go. That's what I was gonna say. I won't go, I do, I do some open water swimming as well. I won't go open water swimming with it.

33:01 RTH: That would not be good [laughs]. But, but other than that, it's pretty good. The, the earphone is a little, it's got really thin wires in it, so you can break the earphone wires. But you, but you can use a different, there's nothing magic about that earphone. You can use an earphone of your own preference if you like, as long as it's got an eighth inch jack in it that it'll fit into that slot and you can test, you can, you can test it out what it, what it does with your own earphone if you'd prefer to use your own earbud, whatever, whatever.

33:33 Evan: I don't think I've owned a headphone in a while with a wire [laughs], if I'm honest. Yeah, [Evan laughs]

33:41 RTH: I, I've, it's a long story there, but, uh, well I would, I'd obviously prefer not to have a, have a wire in this, in this apparatus, but it's, it turns out to be quite difficult to deliver a good beep through a wireless earphone.

34:00 Evan: Interesting. I was gonna, I was gonna say that if you could actually allow, like I have these running headphones that I really like, y'know, you would, you would be mirroring my actual experience a little bit more if it were possible to be compatible, right? But I understand the

34:17 RTH: Yeah, I, I haven't, I haven't played around recently, but I think it, I think there probably are, uh, eighth inch jack- to-Bluetooth converters, which I haven't, I haven't tried, but you could probably plug a [Evan: Oh yeah.] a blue, a Bluetooth, if you had one plug a Bluetooth creator in into the, into the jack and [Evan: Right.] and, and then see how the, how the system responds. But the problem, the, the, the reason that that's difficult is that the Bluetooth protocol, the last time I looked at it anyway, last time I tried to figure it out, the, the, the Bluetooth protocol is always trying to decide whether something is going on. So there's like a voice-actuation kind of a deal in there. And so it, there's, there is circuitry in Bluetooth that is trying to decide whether, whether the sender is sending something to me.

35:09 Evan: Right.

- 35:10 RTH: And that takes a while for it to figure out. And so that when it, when it happens, it doesn't give you a crisp beep, which is what I need. It gives you a sort of [makes a whooping sound] beep, and that's not good enough, but [Evan: Makes sense.] but I haven't tried it recently and you, you might be more technically savvy than I'm about that. So there might be a, there might be a way to figure that out. But what we do need, I'm pretty sure what we *do* need is a beep that has a sudden rise time. Like there's nothing, and then there's something, very much like when you hold the white button down, now you push the white button down the, that's a square wave, which is really quite square. There's a, there's nothing and then there's something, and then something.
- 35:50 Evan: Yeah.
- 35:50 RTH: That's, that's the, the nature of a good beep. So for example, when you first turn the beeper on, it came on with a sort of a whoop sound. That would not be good enough. But, but that's the only, the only time you'll hear that is that when you first turn it on, it has to fill up its capacitors and it takes a while for it to do that. But once, once it's got its capacitors full, then every beep after gonna have a crisp leading edge to it. [Evan: Right.] And that, and that's turns out to be necessary. We gotta, what I, what I think of as necessary, it has to be no beep, no beep, no beep, beep! without any ambiguity there.
- 36:31 Evan: Yeah, yeah.
- 36:32 RTH: And, and for just the reasons that we were talking about, y'know, if the beep comes on with a half a second whoop to it, well a lot experientially, a lot can happen in a half a second. And, uh, and we're trying to eliminate that as much as we can.
- 36:49 Evan: Makes sense. No, that clarifies a lot. I think I have a good idea of getting my beeps in for the week
- 36:57 RTH: And the, the interviews, they're gonna be simple in the sense that we're gonna pick, pick a time we're gonna get together and, and I will probably say, "well, Evan, what was in your experience at the moment of the first beep?" And then you'll tell, tell me, and then I'll ask some questions about that and Gualtierio will ask some questions about that. It'll be a tag team interview where Gualtierio and I are asking whatever questions occur to us to ask. And then on the second beep, Gualtierio, and I haven't yet figured that out, but it could be that we'll alternate back and forth and Gualtierio can ask about the second beep and I'll be the tag team center fielder or shortstop or whatever. And uh, and we can alternate back and forth. Or Gualtierio might think for the first while, while at this that, that Russ should do the interviewing and he should be the, the short stop that, that's sort of up to Gualtierio.
- 37:49 RTH: He can, he can figure out how comfortable he is in, in whichever role he wants to have. I don't, I don't, uh, I don't know what the best thing to do there, there is, but, but, but the, but the point that I'm trying to say is that the, the object is going to be to ask you about your first beep, what was in the experience at the moment of, which means one microsecond before, which means the last undisturbed moment, which

means what was, what was going on with Gualtiero [he misspeaks—he means with Evan] in some parallel universe that didn't have a beeper in it, but at the same time, that's really what we're looking for.

- 38:25 Evan: Yeah. When you do this with other people, do you go through in a lot of detail the type of experiences that people generally have? Or do you kind of leave that a bit ambiguous on purpose? [RTH: The latter.] Because I'm kind of very aware now that, y'know, my elbow is touching the desk and as you say, like my foot is on the chair and I'm trying to, y'know, really understand the experiences, so, so when the beep happens, I have some clarification of what to be aware of.
- 39:01 RTH: So I *don't* tell you what to be aware of on purpose. So I'm purposefully ambiguous, [Evan: Yes.] because I think, as you say, Evan is perfectly capable of noticing the el, elbow on the chair. And my guess, *and* my guess is that when he's noticing the, the elbow on the chair, he's *not* noticing the connection between my picture and Gualtiero's world, but maybe he is, so I don't, I don't want to say he is or, or he is not. What, what I *think* is that Evan's, that Evan, let's leave it at that, that Evan will select, create, whatever, some experience for himself. And that may be one thing at a time, I'm paying attention to my elbow on my chair, and then I'm paying attention to my foot on the floor, and **then** I'm paying attention to the gravellyness of, of Russ's voice, and *then* I'm paying attention to Gualtiero scratching his head, and all that thing. Those could be one at a time, sequentially. Or it could be that I'm, I'm, I am experientializing all of those things at the same time. That's possible. And I, and I wish purposefully to be evasive about that. [Evan: Okay.] And, and it's not because I make an, I wanna make the task hard for you. But it is, I don't want to tell you what I expect because (A) I don't expect, I don't know what to expect. And (B) if I *did* know what to expect, I wouldn't tell you because I don't want you to go looking, I don't want you to go looking for what you think Russ wants to find.
- 40:45 Evan: Yeah, makes, makes complete sense. I'm just getting all the stupid questions outta my mind now that, that, that come to my mind before we start.
- 40:53 RTH: So everything, every, every, I think, every word that I have said today, and probably for quite some time in my ex lifetime, is aimed at being interested in what happens in Evan's experience if he wasn't wearing a beeper, but if, but if Russ could somehow get some glimpses into Evan's experience without, without wearing a beeper, what, what would he, what would he see? What would, what would he feel? What would he, what would, what would be going on with Evan. [Evan: Yes.] And Russ finds that to be an interesting, an interesting, finds that to be interesting, I guess leave it or tha. A, and, and he will do whatever he thinks he has to do in order to help Evan tell him about that. And if that means that Russ has to stand on his head in the corner so that Evan can feel comfortable talking to him, well then Russ will stand on his head in the corner. He doesn't expect to have to do that, but, but what he *expects* to do is to try to figure out what he can do, what *Russ* can do, to put ev to let Evan get in a position where he *wants* to tell Russ about what's in his experience. Actually, much, much of what we've been talking about today is Russ's way of trying to convey to Evan that it would be interesting to tell Russ and Gualtiero about what's going on in his

experience. [Evan: Yeah.] And to do it and to do it right. Every, everything that I have said today is as much about that.

42:32 Evan: No, That's clear.

42:32 RTH: It's about the mechanics.

42:34 Evan: That's clear.

42:35 RTH: And, and, and, and I'm now, now reacting to your, your statement a minute ago about trying to get all the stupid questions out: I'm, I'm guessing there will be more stupid questions and (A) they're not stupid and (B)you should feel free to ask them. And they will happen on the first sampling day. And and sooner or later you'll get your questions answered. And when they're answered, then they won't, then they won't occur to you to ask them anymore. But in until that time, you should ask them.

43:03 Evan: Will do.

43:05 RTH: Because what we don't want is for what you would worry about being a stupid question or whatever, getting get in the way of your telling us about what Evan's experience is like.

43:17 Evan: I've never let a stupid question get in the way before. So don't, don't worry about that.

43:21 RTH: That's good. And I also, you, I also am reminded that in some email or other, you said you sometimes smoke weed and you'd be interested in what your experience was like that. And I, I've gotten nothing against that. I might suggest not doing it on the first day, but

43:39 Evan: Yeah. Yeah.

43:40 RTH: So if you wanna find out what your experience is like, like when you're smoking dope, that's fine with me. I don't, that's that's the, that's the kind of thing that I don't have control over. And so I don't pretend to try to have control over it. But what I *would* say is, if, if you wanna know about that, it'd probably be a good idea to figure out the mechanics of how to do it.

44:02 Evan: Absolutely.

44:02 RTH: How to wear the beeper before you, before you try some *special* thing and

44:08 Evan: Yes. Yeah. Otherwise you'll end up with a 60 page novel of my experience on day one. We will cover basics first.

44:16 RTH: We would see.

44:17 Evan: Yeah, no, that's, that's all clear.

Privacy

- 44:22 RTH: And, and so Gualtierio should feel free to say whatever he says, wants to say whenever he wants to say it. And he should ask whatever he wants to ask.
- 44:27 And I guess I should say a few things about the, the rules of the questions. So first the fundamental-est rule is that Evan's experience is Evan's private property and he has no obligation to tell anybody about anything about that, period, including maybe including, maybe especially, Russ and Gualtierio. So if he doesn't want to tell us about his experiences, he should just say, "I don't wanna tell you about that," and, and I've got stuff that's none of your business. I presume you got stuff that's none of my business. That's just the way the world is. *But* if he, if he is gonna talk about a beep, then it's easiest for all concerned if we can, if Russ and Gualtierio can then ask about his experience, whatever they want to ask.
- 45:18 So if there's some aspect about an experience that you don't wanna talk about, it's probably just easier to say, let's not talk about this beep, cuz I'm gonna hide something. And then Russ isn't gonna be satisfied that he's got the full question. He's gonna probe and probe and probe and probe around this. And I'm gonna have to defend the defend and defend and defend against that. It's just easier if we skip, skip that. So you should always feel free to say none of your business.
- 45:41 And you should also feel free to say, "I changed my mind about this whole thing, but now that I know what experience sampling is like I don't wanna have any part of it." That that's, you should, you should feel free to exercise that option without, without our holding it against you.
- 46:00 *And* we have talked about the possibility of putting this stuff on the, on the web, which is its own deal. And you should have, you, Evan should have, well, I think we all should have 51% of the vote, but Evan for *particularly* should have 51% of the vote about whether that ever happens. So whatever Evan says belongs to the three of us until such time as Evan says, we can be more public about that. [Evan: Yep.]
- 46:33 So I, I, from, from my own point of view, it's a, I, I think what *I* say belongs to Evan, so he should be able to do with that whatever it is that he wants to do with that whenever he wants to do it. But it's not, it's not symmetric. I don't have the right to do with *Evan's* experience, whatever *I* want until such time as Evan said. And the, and the reason for the, the reason for that is that the private nature of Evan's experience belongs to Evan. And he should *feel like* he has control, he should (A) *have* control, and (B) he should *feel like* he has control over the dissemination of that.
- 47:16 Evan: I do. And I, and I appreciate that.
- 47:19 RTH: But for *me*, what I'm saying is, I'm, I'm, I'm saying *you* should be able to say to anybody anytime, well, this is what Russ asked me, or this is what he said about that, or whatever. Because you should be, you should, you should be able to ask your friends or whatever about whether it's a good idea for you to participate or whatever. And so you should, what, what I say is more or less fair game. I, I, I'd presume that you should be, you should take my feelings into consideration or whatever, but, uh, but it's, but it's not, it's not the same level of consideration as with Evan.

48:05 Evan: I understand that and I appreciate that. Anything else you think we need to go through?

More about the beeper

48:14 RTH: So let me tell, let me tell you a couple more things about the, about the beeper. If you turn the beeper off with the thumb wheel, turn the beep, turn the beeper off.

48:23 Evan: So you turn it back the wheel that,

48:25 RTH: Yeah. And you can tell whether it's off by holding down the white button, and if it doesn't make a square wave, then it's off.

48:33 Evan: Ah, there's a click on the wheel. Okay. Oh, it's pushing it towards, it clicks off. Gotcha. Okay.

48:37 RTH: So it's, it's now off? [Evan: Yeah.] So now what I want you to do is to hold down the white button, hold the white button down, and keep it down and turn it back on. So with your other hand turn the use the thumb wheel to turn it back on.

48:50 Evan: It goes into crazy mode.

48:52 RTH: And it should have played you a little song. It goes de de de de de de, whatever. [Evan: Yes.] That's a song, that's a song that the beeper plays *to me* so that I know what's happening inside the box. You don't need to worry about that. I'm just telling you, if you hear that song, if you hear that song, don't worry about it. Just stop holding the white button down and you'll, and that's, that, that'd be, that sound will go away. And now, so you're back, you're back into, into the normal operation. There are, there are switches inside the box that, that, that allow me to program the, the box to be either fixed intervals or random intervals, or how long the intervals are, whatever. And, uh, and so that I don't have to take the box apart to look at the switches. I've programmed it so that it sings the switch pattern to me. And so

49:36 Evan: Makes sense.

49:37 RTH: But you don't need to

49:39 Evan: Have you tried the sampling out with fixed intervals versus variable intervals? And I'm curious if you've found different things from that. I, I can see why a fixed interval could distort the results to some extent. If you think the, if you think, y'know when the beep is coming and you start expecting it.

49:55 RTH: Yeah. I I have never done a, a particular study about that. It's, I'm, I'm a, I'm a great believer in randomness and, and randomness requires random intervals. So I, I I, when I built the box, I put the option in for on some po if I were, was ever interested in a fixed interval, which so far I never been, but

50:18 Evan: Never happened.

50:20 RTH: But I, but I built that as an option.

50:23 Evan: Yeah, makes sense.

50:24 RTH: I probably had an extra switch and I was figured, well, what am I gonna do with this switch? Well, I'll, I'll make it either fixed or, y'know, there's a bank of switches in there, like eight switches that come when, when you buy a bank of switches, they've got eight switches, and six of them have to do with how long the interval is. And one of them is whether the, it's fixed or random. And the other one is, uh, something else.

50:50 Evan: Cool.

50:51 RTH: And the other, and the other thing that you should know about the beeper is that, that when you're done with the beeper for the day, you've gotten your six beeps, you should turn the beeper off by rolling the thumb wheel and clicking it off. But if for some reason you forget to do that, it'll beep, sooner or later, it will beep. And the beep, that beep is gonna last for a while. I don't remember exactly how long that is. Maybe 45 seconds. I think maybe I sent that in an email to Gualtierio a while back. But some half a minute or 45 seconds or something like that, it's going to, it's gonna have, it's gonna give you that beep for a while and then it's gonna stop beeping because it doesn't want to waste its batteries by beeping. The batteries, batteries. The beeper doesn't require much power except while it's beeping.

51:36 So after 45 seconds, it's gonna stop, it's gonna stop the beep, and then it will go into what I call the *chirp mode*. And about every 15 seconds it's gonna go *chirp*. And then 15 seconds later it's gonna go *chirp*. And then 15 seconds later it's gonna go *chirp* more or less like a fire alarm, smoke alarm, a smoke alarm but when it, when the battery's going low. Y'know what that sound is like, it sounds, it's gonna sound sort of like that. And what that means, what that means is *I beeped; Evan didn't stop, stop my beep; and so I'm gonna save my battery and I'm gonna chirp*. That is not the beep, that is the chirp.

52:14 Evan: Makes sense.

52:14 RTH: The beep that you're interested in is the long steady beep that we've been talking about. So if you hear the chirp mode, then turn me off, and then turn me back on again. And then we will, I'll come back on beeping and stop the beep and then we're back in business again. So you, you probably will never hear the chirp mode, but if you're, if it's in, you're, it's the middle of the night somewhere and you hear some *chirp* what the heck is that chirp? What the heck is that? Well that means you didn't turn me off fully.

52:45 Evan: I didn't turn it off. Right. Right.

52:51 RTH: So I think that's the, that's the deal. Gualtierio you have anything more to say?

53:02 GP: I have nothing more to say.

53:05 RTH: Well, and, and these exercises are all interesting cuz we all have sort of different, different inter different levels of interest here, different reasons for being here, and they're gonna come together at the moments of Evan's beeps and, and then we may have conversations about them. And in the, in the conversation, uh, I guess I should say, so my plan roughly speaking is to prepare a transcript of, of all of the interviews that we do with the aim of sooner or later, we'll put those on the web, and it's a lot easier to have done the transcripts along the way. And, and I will write comments into those transcripts. I don't know whether you've looked at the transcripts that I've got on, on the web already. Have you, have you seen my website where the,

53:48 Evan: I did see the website once and then I actually struggled to find your website again. Um, if you wouldn't mind sending it to me in, in an email. [RTH: Okay.] Just so I could have another look at your website.

53:58 RTH: Yeah. Every, every email that I've, that I have sent you has, has, has in at my website and, and there are a bunch of links in there including something that says something like "complete set of DES interviews" or something like that. But, but I, I will remind you in an email about what that is. And, and, uh, and so I'll write, I'll write comments in there. And the comments that I write....

54:24 So I wanna tell you what the comments are. The comments would be aimed at somebody that I would think might be interested, y'know, these things get out there, somebody's, somebody's listening to 'em or following on the comment, following along in the transcript, what might somebody be interested in? And I might write a comment. And that comment could be aimed at Evan or it could be aimed at Gualtierio, or it could be aimed at some other person in my imagination that might be interested in what's going on here.

54:54 And I might be trying to explain, well, why is it that I asked Evan that question and what did, how did I understand what Evan said when he said that question or whatever. And Gualtierio should be, feel free to write comments as well and respond to the comments that I say or whatever. And so there will be a, there *could be* a back and forth about those comments.

55:13 And Evan can be a free agent, as in, in how he deals with that. And he's got basically two choices. One is he could say, I'm not gonna look at these transcripts and comments because I want to have more or less a standard DES experience that would not include that. Or he might think, well this isn't the standard thing in the first place. The whole thing is different. I, I wanna know what Russ is saying or what Gualtierio is saying and I might have, I might have a response to that and I'd rather do it today than wait until six months from now and go back and look at it. So that's, you can, you can deal with that. However, however you wanna do it, do with it. [Evan: Cool.]

56:05 Which is another way of saying I'm interested in your experience at the moment of the beep. After that I don't much care what, what you do and what you don't do. And I don't, I don't, I don't think it actually much matters whether to the extent that you are scientifically interested or whatever, into, into your experience. I think you can lie to us and, y'know, make up, make up stuff and you, and if you're good at it, you can probably pull the wool up, pull the wool over our eyes and there's nothing I can do about that. And I might suspect that there might not. You might be depending on how skilled you were. So I think that that's a always a possibility. But, but other than that, I think it probably doesn't much matter what you do in between times as

long as in the three-hour window you're wearing the earphone and in the interview you're trying to tell us what happened when you were wearing earphone.

57:00 Evan: Got it. In the six beeps. If I'm, I'm (just have another question that came to mind) if, should I be trying to judge if I thought I was able to get a good experience on that beep? And then if I'm looking back over it, I'd be like, okay, maybe that one I'm confident on, y'know, maybe I should get another beep? Or should I just let you decide if?

57:24 RTH: I think you should let, you should let me decide. [Evan: Yeah.] You, you should try to do the best you can. You should... And, and, and, and if you have, if you think that you have a trouble on a particular beep, you should say, well I, I'm not sure that I really got this particular beep. And then we can talk about why that is. [Evan: Okay.] And then between the three of us, we can decide whether you should skip that kind of a beep in the future or whether we should just try to, try to nail that down. [Evan: Got it.] What I, what, what I would say about it is that your perspective on your own beeps is probably quite different from anybody else's perspective on those. And what you think is difficult, the rest of us might find not difficult and what you think is interesting, the rest of us might find boring and what you, what you think is boring, the rest of us might find interesting. And so I just, I would say, try to tell us about what was going on at the moment of the beep and the rest of that stuff. We'll, we'll figure it out as we go. Yeah.

58:19 Evan: Got it. Now that was the last kind of thing that came, that came to mind. I think I'm, I'm clear on everything.

When to sample next

58:27 RTH: Then the next question is when we're going to do this again.

58:35 Evan: Friday works for me if it works for you.

58:40 RTH: So that more or less up to Gualtierio?

58:42 GP: I, yeah. Yeah. I think Friday, unless we want to do this over the weekends, which would be fine with me cuz I don't really distinguish weekends from non weekends in my schedule. Um, yeah. Friday's the next day that I, y'know, I would be available because from Monday to Thursday I'm gonna be traveling too much and too much going on.

59:06 RTH: So we could think of, we could think of meeting again at this same time on Friday, which for Gualtierio would now he would now be in Italy or someplace. Yeah.

59:15 GP: I'll still be a to jet lag, but I should be okay.

59:18 RTH: So that would be then six o'clock in the evening for Gualtierio and Evan and nine o'clock in the morning for me on Friday the 11th.

59:30 Evan: Yeah, I think that sounds good. That makes sense. Cuz I have, I have podcasts Monday, Tuesday, Wednesday and I want to try and get that means I have Thursday free on my first attempt at getting good beeps. I don't wanna throw in any hurdles on the, my first beeps. [RTH: Okay.] Trying to practice. So I think trying to do 24 hours on Thursday makes more sense.

59:50 RTH: So, so you can wear the beeper for us get, do six beeps either on Thursday the 10th or Friday the 11th.

59:58 Evan: Yeah. Okay.

59:59 RTH: And we say we say "24 hours," but I don't actually mean 24 hours. 24 hours would mean it would have to start at six o'clock in the evening on the, on Thursday. But that's not really what I think, what I really think is one sleep cycle. So you can wear it anytime on Thursday or anytime on Friday, presuming that you sleep on Thursday night. Anytime on Thursday or Friday is fine with me.

1:00:25 Evan: Yeah, perfect.

1:00:26 RTH: What I, what I, what we have found, and this is pretty anecdotal from my point of view, is that sleeping on a beep twice, people have difficulty. People seem to have difficulty remembering the details of their beep if they slept on it twice. They can sleep on a beep once it's sort of okay. The second time.... That's my clinical impression I guess you could say, my retrospective account. So [Evan: Yeah.] anytime on, anytime on Thursday. Wear the beeper for uh, as long as it takes to get three hours to get six beeps, which is gonna be on an order of three hours, maybe two hours, maybe four hours. Could be as many as six hours. Could be as little as five minutes. But

1:01:10 Evan: Sounds good.

1:01:11 RTH: And, and I guess one more thing and that is a, if a second beep comes really right after the first beep, just ignore that second beep.

1:01:18 Evan: Right. And do you think if I get overly startled, like I feel like the first time it beeped there, I kind of got quite startled by it. If I do get startled by it and I think that that experience is just kind of tainted, should I just also ignore it? Like if I believe in that moment that I can't get that experience cuz it just took me away too much,

1:01:39 RTH: I would say maybe for the first beep or two, that would be fine. Af after that, if that's what happens, then we probably ought to talk about it.

1:01:46 Evan: Talk about that. I don't think it will happen. I'm just saying starting off. Okay.

1:01:52 RTH: Makes sense. There's, there's, that's the kinda thing that there... I don't think there's a right answer to that. If the beep always startles you, then the method probably isn't gonna work. But the problem, but

1:02:05 GP: You can adjust the volume, that might help a little, y'know, if it, it might be too loud, there's a minimum volume, but which I, I

1:02:12 Evan: Don't think it, I don't think it will,

1:02:14 GP: At the beginning, the minimum volume felt a little too loud to me, but after a couple days I kind of got used to it and then I was fine.

1:02:22 Evan: Yeah. Like I, I don't think it will, it is just, it's just that if it happens on the first couple of beeps, just as I get used to it.

1:02:30 RTH: Yeah. The, the, the whole in, in my usual work I throw out the first day, so it's like the first, the first day is, is all artifact from my point of view, or mostly artifact.

1:02:45 Evan: Yeah. Yeah.

1:02:46 RTH: It's like, it's like wading into the water where the hard part about swimming or sailing, if you're a sailor, the hard, the hardest part about if you, if you sail small boats, absolutely the hardest part of is getting into the boat and, y'know, once, once you, once you're in it and underway, then sailing is easy, but getting away from the shore is sort of the hard part. So that's sort of like the first, the first day we gotta figure out how to get the boat in the water.

1:03:12 Evan: Right, right.

1:03:16 RTH: All right, so I will, my, my usual procedure is I will, I will give us a calendar invite for the Friday the 11th at nine, and I will send us an email on Thursday the 10th reminding us that that's gonna happen. And if in the meantime you've got questions you should feel free to ask them, send me an email or text me or whatever.

1:03:40 Evan: Will do.

1:03:42 RTH: I think I have your telephone number. Do you have my telephone number?

1:03:46 Evan: Um, I possibly in the email before you, you, you did, but you, you seem quite fast at responding to emails, but yeah, I, we, we can do, we, we can do either.

1:03:55 RTH: Yeah. I'll, I'll, I'll send you, I I think texts are, texts are often good on the, on the day of. Y'know, like something happens and I can't and I can't do it. It's, that's very often easier to get a fast response out of a text, but

1:04:13 Evan: Yeah.

1:04:13 RTH: Okay. But I'll, I'll, I'll send you my, my text, my, my uh, telephone number.

1:04:19 Evan: Sounds good. Sounds good.

1:04:22 RTH: Anything else?

1:04:24 Evan: Nothing from my side. Excited to, to get started.

1:04:30 RTH: Alrighty, I will see you a week from today.