

TRANSCRIPT WITH COMMENTARY
Gabriel H.: A college senior interested in philosophy
Gabriel Interview 0: DES Instructions

Below in black is a word-for-word transcript of the November 29 interview with Gabriel that is available on YouTube at <https://youtu.be/OTBXJ2JLLFA>. In green are comments about and explanations of the Descriptive Experience Sampling process. If you have corrections, suggestions, or questions, please post them as YouTube comments.

AG = Amber Goto
CK = Cody Kaneshiro
Gabriel = Gabriel H.

- 0:00 AG: Okay, so. So I'm just trying to think of where to start. Okay. So, um, welcome. Um, we just wanna start with saying we are gonna be recording these. Just, um, it's, it's for us to look back at. It's, it's helpful for, um, to see progress, all of these things like that. Um, so in terms of the recording, um, we like to say that you have 51% of the vote on that. So if there comes a point where you're like, okay, I don't want to be taped, or I don't want you to do anything with these videos, I don't, y'know, whatever that, that is, uh, you have 51% of the vote there. Um, so that'll be between you, myself, Cody, when he's able to come to our sampling meetings, and then Dr. Hurlburt, of course.
[Gabriel: Okay.] Um, there are not, I don't believe anybody else, any other students will be attending these sampling meetings. So if anything, it might just be me and Dr. Hurlburt, or be Cody and Dr. Hurlburt. Um, I don't know, do you have any, um, opposition to that or?
- 1:00 Gabriel: Nope.
- 1:00 AG: Okay. Okay.
- 1:00 Gabriel: That's fine.
- 1:01 AG: So, yeah, I believe at the most it would just be the three of us. [Gabriel: Okay.] Um, we are nearing the end of the semester, [Gabriel: Mm-hmm.] so we may be meeting via Zoom if we continue to [Gabriel: Okay.] do sampling meetings, um, y'know, going forward. So, I mean, is that okay with you?
- 1:19 Gabriel: Yeah, that's fine.
- 1:19 AG: Okay. And then recording those, would that be...
- 1:21 Gabriel: Yeah, that's fine.
- 1:22 AG: Okay. Very Good.

- 1:23 CK: What I'll say about the recording too is the, the reason why we record is because we can't go back in time to record. Y'know, like if we don't record something and we wish we would've [Gabriel: Oh yeah, sure] then we can't take it back for it. So we, that's why we record these meetings and things like that. [Gabriel: Okay.] But Amber's right, where you, these are your video recordings. Right? [Gabriel: Okay.] So we, we won't do anything with that without your expressed consent.
- 1:50 Gabriel: Okay. Got it.
- 1:50 CK: And this whole process, I would say in that is in that same spirit. So you own, you have 51% of the stakes in this whole process. [Gabriel: Okay.] You have access to your experience, and that's totally unique and your own, we have no access to that. Your participation is [Gabriel: Okay.] necessary, right? I mean, essential for us to do what we do. And you have your experience, we have some practice and skill in asking questions to try to get at experience. And so that's where really, y'know, this whole process is the three or four of us all jointly sort of working together to get at your experience. [Gabriel: Okay.] So that's sort of collaborative and all of that, all the way through the whole process.
- 2:36 Gabriel: Okay. [AG: Yeah.] All right [AG: Yeah.] sounds like fun.
- 2:37 AG: Yeah. We don't want you to feel like it's three versus one, two versus one. [Gabriel: Okay.] We're all on the same team. Um, we're just trying to get [Gabriel: Okay, got it.] We get apprehend your experience with the highest fidelity that we can. [Gabriel: Okay.] Um, I think that's it. Is there anything else I was gonna move on to this.
- 2:53 CK: I would say too, just, um, y'know, this is mostly, um, I know that you and Amber have been talking, I'm just, just sort of, I just so happen to be here so I can join in. But what I would say to, so I'm letting Amber sort of take the lead with, y'know, getting you sort of oriented to what we're doing. But what I would say, too, in all this is that this is a constantly evolving process. So it's unlike a lot of research, right? Where we know you, y'know, you'll get a paper and you'll sign it, and that's it. And that's sort of the discussion of it. We recognize that, y'know, we're asking a lot of you, we're asking a lot of ourselves in terms of scheduling these meetings, [Gabriel: mm-hmm] you wearing the beeper, prodding around in your experience and, y'know, we, whatever we might find there and all that kind of stuff. So think of this as just because we agree to something today doesn't mean that that's gonna be the way that it's gonna be forever.
- 3:39 Gabriel: Okay.
- 3:39 CK: If, y'know, you go through this and after the first time say, "thanks, but no thanks, I'm good." Feel you have every right to do so, and we won't. That's not something that we will hold against you.
- 3:50 Gabriel: Okay.

- 3:51 CK: And likewise, we might decide that we've reached, y'know, that this is, this is good. I mean, well, all I'm trying to say is that this is, it's not like, because you're saying 'yes' today you are signing up for X amount of days of whatever, and regardless of whether you like it or not, that's what it's gonna be. Every sort of step in this is a renewal of that consent or a checking in on that.
- 4:11 Gabriel: Okay.
- 4:11 CK: So feel free, I really just want to emphasize that as Amber kind of said, we're all in this together, we're all jointly co-investigators in this. So even though obviously you will be the person that is sitting on that side of the table wearing your, wearing the beeper and whatnot, that that is...
- 4:30 Gabriel: That's good to know.
- 4:31 CK: I intention is the intention is not for you to be the Guinea pig [Gabriel: Okay.] and for us to sort of do whatever so.
- 4:35 Gabriel: Okay, got it. Thank you.

Using the beeper

- 4:37 AG: Um, okay, so I'll start with this. So this here is a beeper [hands Gabriel a beeper] and, um, we, well, we'll go through the controls of that. So, um, if you pick it up, you'll see that there's a black spinning wheel on the top of it. [Gabriel observes the volume dial] Um, if you push that, um, a little bit, if you push it, like, uh, roll it, [inaudible] y'know, how you...
- 4:57 Gabriel: Which direction?
- 4:58 AG: There you go. You if you hit, oh, he [referring to Dr. Hurlburt, who built the beeper] turned off the speaker. Yeah, the external speaker.
- 5:02 CK: Yeah, you might, you need to put the earphone in.
- 5:04 AG: Okay. So there's a,
- 5:05 Gabriel: I can hear something.
- 5:06 AG: Yeah, he, he lowered the volume, so that basically means that it's on, okay. Um, there's a staple on this. Um, open up the earphone for you. Oops, sorry. So this is the earphone we ask you to wear, [hands Gabriel an earphone] um, with it. Um, so you just, y'know, um, untie it and plug it into that silver portion up there. Um, and then that earpiece, um, just put it on there, kind of helps it to stay in. It is only one side. Um...
- 5:37 Gabriel: Should I plug this in right now?

5:37 AG: Yeah!

5:38 Gabriel: Okay.

5:38 AG: Absolutely. Then you can hear it and then, um, that black wheel also adjust the volume. So I, I feel like it's pretty loud right now.

5:44 Gabriel: Does it work like this? [Holds up ear piece]

5:45 AG: Yeah.

5:46 Gabriel: Okay. Yeah, it does sound [inaudible]-

5:47 AG: Yeah, so you can lower the volume. Um, but yeah, when you're ready, you can put that in your ear and then play with the volume. Um, when it clicks like that, that means you've turned it off.

5:55 Gabriel: Okay.

5:56 AG: So, yeah.

5:58 Gabriel: Okay. So, uh, that's a right ear thing? [Holding up the earpiece that holds the earphone in place]

6:01 AG: It doesn't matter. You can flip that thing [Gabriel: yeah, you're right, I could.] around whichever way is more comfortable for you.

6:05 Gabriel: Okay, [Inaudible]

6:05 CK: Okay. So you're gonna have to push, you're gonna have to push it on *really hard*. So like, really [Gabriel: this thing?] Yeah. Push the ear, push the, the plastic piece on *really hard* [Amber: Yeah. So it'll stay on.] on the earpiece and then it'll stick.

6:15 Gabriel: Like that.

6:16 AG: Yeah, there you go.

6:17 Gabriel: Okay.

6:17 AG: Yeah. So whichever ear is more comfortable for you. Um, and then feel free to,

6:23 CK: You can bend the plastic too to kind of fit more comfortably.

6:26 Gabriel: Okay.

6:26 AG: Mm-hmm.

6:27 CK: You also have the option if you have your own and press the button for now. I don't want you to have to be blowing out your eardrum [AG: laughs]. So you can use your own wired earphones if you want.

6:36 Gabriel: Mm-hmm.

6:37 CK: I sound will only come out of one ear- [Amber: irregardless] piece though.

6:39 Gabriel: Okay.

6:40: CK: So just know if you do use your own, if you choose to use your own earphones [Gabriel: mm-hmm.] make sure y'know which side the sound's coming out of and put that side in your ear.

6:48 Gabriel: All right. That makes sense.

6:49 AG: Yeah. Um, yes. So could you turn, let's turn it off and turn it back on again, just so we can mess around with it. So the black wheel. [Gabriel: Okay.] And then push it 'til it clicks. Like roll it until it clicks. There you go. So now it's off.

7:01 Gabriel: Okay.

7:01 AG: Okay. So now let's turn it back on again. Oh, no. With the black wheel, [Gabriel: Okay.] so push it. There you go. Okay. So [Gabriel: There we go.] now you can adjust the volume and then to stop that constant tone, um, you would hit that white button there.

7:13 Gabriel: This one?

7:14 AG: Yeah.

7:15 Gabriel: Should I do that now?

7:15 AG: Yeah!

7:15 Gabriel: Okay.

7:15 AG: Okay. So that means that you've started the, um, the interval. So the beeper, it will randomly go off, um, I think, anytime within 60 minutes.

7:28 CK: So the beeper has an av, it's a random beep. We don't control the beeper.

7:31 AG: Yeah.

7:31 Gabriel: Mm-hmm.

7:32 CK: I beep on average will sound every 30 minutes.

7:35 Gabriel: Okay.

7:35 CK: *On average.* [AG: Yeah.] But it can be as short as a few seconds. It can be as long up to an hour.

7:40 Gabriel: Okay.

7:41 CK: But it'll never be more than an hour.

7:42 AG: Yeah.

7:42 Gabriel: Okay.

7:42 AG: Yeah. So it's somewhere between there. But yeah, so, um, that's that. And then, um, so when you hit that button, after you hear the tone, the [imitates the sound of the beeper] then that's starts the interval. Um, if you could pick up the beeper for me and press that white button and hold it down. [Gabriel holds the button down] Okay. So do you hear that kind of four-square beep there?

8:03 Gabriel: Yes.

8:03 AG: You can let go. Um, so that is basically, um, since it's silent for so long, if you're kind of like, is this thing on, is this thing working? You can just press and hold that down to make sure if you want to adjust the volume, that's an easy way to do it [Gabriel: Okay.] as well. Um, yeah. But when, so when you do press and hold that thing, that button down, it does pause the interval. So for example, if your, the beep, the interval happens to be 37 minutes, if you hold that thing down for one minute, then it would go off in 38 minutes.

8:34 Gabriel: Okay.

8:35 AG: Does that make sense?

8:35 Gabriel: Yes.

8:35 AG: Yeah. So that's, um, kind of how that works. Um, when the beep, when a beep sounds to silence the beep, you would press that button as well. So that would be the same deal there. Um...

8:50 Gabriel: So you have to, when a beep goes off, it'll keep going until you press the button.

8:53 AG: Yes. [Gabriel: Okay.] And if you keep it, it, if you keep it on, it'll eventually enter this, this chirp mode that basically is saying, I think it has to be on for quite some time for that to happen. But basically all that is saying is that like, um, to, to conserve the battery of the beeper, it'll just kind of go like, chirp.

9:08 Gabriel: Okay.

9:09 AG: Chirp. It's just like, Hey, I'm still on. I'm still on. I'm still on. You haven't turned it off. Um, so yeah. Um, when you do that, and then after you do that, then it resets the interval. If you leave it, it, the interval, I don't think resets, um, if it goes into chirp mode.

9:23 CK: So the main thing with chirp mode is just be aware that if you hear a sound that sounds like it, it'll go like "chirp-" then about 30 seconds later it'll go "chirp-" 30 seconds, "chirp."

9:33 Gabriel: Mm-hmm.

9:33 CK: If you, if it enters that mode, just turn the, turn the whole beeper off. Right. Scroll the wheel down to it, clicks, turn it back on, press the beeper, you're resetting it at that point. Just know that the *chirp* sound is not the *beep* sound.

9:47 Gabriel: Okay. [AG: Yeah.] Is there an instruction pamphlet by any chance or something like that to, to remember all of this? Just, uh,

9:53 CK: Yes.

9:53 Gabriel: Okay.

9:54 AG: I feel like there's one on the faculty website.

9:56 CK: There's one, yeah. [Gabriel: Okay, good] We can send that to you.

9:57 Gabriel: Okay. Yeah, I think that might be a good thing to, to, to read through, just so I can refresh myself on that.

10:04 AG: Yeah. And then you can get more comfortable with the beeper. Um, any questions with the basic mechanics? I think that's all. Oh, there's a clip on the back. You can clip it on your, um, clothes if you'd like and put it in your pocket. Um, what whatever works for you.

10:17 Gabriel: Alright.

10:20 AG: Um, the earphone is a little bit long, so some people like to run the earphone underneath their shirt because it might get caught on the door.

10:27 Gabriel: Yeah, I see that mm-hmm.

10:28 AG: So, um, or however you can maneuver the wire around. Um, so people do like to do that, I think, but yeah, whatever's comfortable for you in that regard. Um, I think, is that it for beeper mechanics?

10:45 CK: So try to walk us through your understanding now of what [Gabriel: Okay.] How the, how to, how to use the beeper.

10:50 Gabriel: So right now it's, if I, if I hold it, I think it's currently on, so if I hold this, [Holds white button down] I should hear a tone. I do. And, uh, so if I wanted to turn it off, I would turn this until it clicked, which I guess I can do right now.

11:04 AG: Yep! Sure.

11:05 Gabriel: Other way.

11:09 AG: Yep. Okay. And then you heard that little, eh, at the, at the end part. So that's like ki it's, I, I don't know what the technical term is, but when you, um, like when you turn on, it goes like, [Imitates sound of beeper turning on] that kind of n, of noise? That's kind of what's happening there. So just make sure it clicks when you turn it off. That and that beep is not a beep, [Gabriel: Okay] that's just the tone that the thing is making to say, "Hey, I'm on, adjust my volume."

11:28 Gabriel: Okay. Got it. Yeah. And then, uh, if I want to turn it back on, I do this?

11:33 AG: Yep. And you should hear it [Imitates sound of beeper]

11:34 Gabriel: And then I click this once?

11:38 AG: Yep!

11:39 CK: Mm-hmm.

11:39 Gabriel: And then it's on.

11:40 CK: Yeah. So it's ready to go.

11:40 Gabriel: Okay.

11:41 AG: It's ready to go. Yeah. So, and you've started sampling [laughs].

11:44 Gabriel: Okay, cool.

Task instructions

11:44 AG: Yeah. Okay. So I think that's it for beeper mechanics. So I'm gonna hand you this notebook. So, uh, basically the task that we are asking you to do, or your task, [Gabriel: mm-hmm.] um, is to wear the beeper, go about your daily life or y'know, go, go about what you normally do, just live your life, whatever. And, um, the goal is, uh, to apprehend what, so this is time marching on here, [Makes a forward motion with a pen] and this is the sound of the beep [Continues the aforementioned forward motion until the pen hits the side of an up-right notepad]. We wanna apprehend what's going on in your experience right here at this moment [Gestures to the side of the notepad]. Okay. So yeah. So again, time is marching on, [Makes the same forward motion as before] here's the beep, [Traces the topside of the notebook] and then I turn the beep off and time keeps going on, [Gabriel: Mm-hmm.] we want, we want

this moment right here or where we are going to try and apprehend this moment [Gabriel Okay.] right here as to the best of our abilities.

12:32 AG: Um, and then that is your notebook [points to a small notebook on the table front of Gabriel], so feel free to take notes. Um, you can write notes. Um, some people like to do notes on their phone. Some people like to do that. Some you can use whatever medium of note taking you'd like. Um, that's just what we were offering you. [Gabriel: Okay.] [AG laughs] today. Um, but yeah, it is up to you how you'd like to do the notes. um, and we, we, we don't look at the notes. I notes is between you and whatever your phone, your, your notebook, [Gabriel: Mm-hmm], your laptop, whatever. Um, that's between, that's yours. That's, um, we don't look at that. That's just to help you when we do our, um, interview just so that you can look back and be like, okay,

13:11 Gabriel: Okay, so you want me, you want me to take notes right now? Are you saying this is to write down...?

13:16 AG: That's, it's, it's for your experience, but if you'd like to take notes just to help you remember what's going on. I mean, I'm not opposed to it. [Gabriel: Okay.] I don't think that's violating any rules. [laughs]. Yeah. If, yeah, if, if

13:27 Gabriel: I, okay. I don't, I don't need to. I was just, I was just making make [AG: No, no, no.] sure that's not what you're asking.

13:30 AG: No, no, no, no, no, no. Yeah. It's more for when, uh, when you, um, uh, when you sample and, um, when we schedule our day-one meeting, we ask that you wear the beeper, um, no longer than 24 hours before. So if we schedule it [Gabriel: okay] Monday, then, y'know, you can wear it on Sunday, but not before Sunday. Uh, we, we Okay. Um, say that you can sleep on the beeps once and then after that it kind of gets a little muddy, so... [Gabriel: okay.] Um, yeah. So that's kind of when you would go about and you could take your notes and wear the beeper and all those things like that. Um, yeah. Is that it? I,

14:08 CK: So I'll, I'll emphasize certain parts that I think are, [AG: Yeah, please, please.] So Amber did mention, so the, what your really only task is to do what we want you, what we're interested in having you do is wear that beeper and as much as possible try to relax into whatever it is that you're doing. So obviously you're, you can't help what you're wearing an earphone and all that kind of stuff. But my recommendation, our recommendation would be try as much as possible just to forget you're wearing the beeper. Just try to get, do whatever it is that you're doing. And, and when you wear the beeper is totally up to you.

14:43 Gabriel: Okay.

14:44 CK: So we have no particular preference for any particular time. That's, that's your call. What I would say is, especially the first time you're wearing it, I would recommend that you try to find an about a three-hour block to wear the beeper. Um, and that three-hour mark comes from, if the beep goes off every half an hour on average, we,

we ask you to collect six beeps. So roughly that'll take about three hours of wearing the beeper, but it is random. So it could take you an hour, it could take you up to six hours, [Gabriel: Okay.] Sorry. Excuse me. Usually it's three hours [Gabriel: mm-hmm.] And the reason for that is what we don't, what, what isn't ideal. What I *wouldn't* recommend is wearing the beeper, get one beep, turn it off, put it back on again an hour later, get one beep, turn it off. And the reason for that is it doesn't really give you a chance. I beeper's always sort of front and center [Gabriel: mm-hmm.] Right. And that's not what we're interested in. [Gabriel: Right.] We're not interested in your sort of like intentional introspection...

15:37 Gabriel: You want me forget about it.

15:38 CK: That's ideal.

15:38 AG: Yes, yes.

15:39 Gabriel: Okay.

15:40 CK: And when the beep goes off, right. What we're interested in is the, what we call the last undisturbed moment *before* the beep interrupts you. So we want, what we're interested in is what the beep sort of catches in flight, what the beep interrupts. And we recognize that that's not perfect, right? Like we're, we like to say the millisecond just before the beep sounds. That's not literal, but what we mean is a *very* specific point in time. So what we don't want to have you report on is a lot of people wear the beeper will say they'll wear it and y'know, at the first beep they're saying: "well, y'know, what was going on was well, I woke up early that morning, so I was really tired and I had two exams and then I worked out, and then I came back and I was hungry. And so that was all kind of going on at the beep" Right. All of that stuff would've been way, way out here [Gestures into the distance], the hours and minutes before you wore the beeper. We, we're interested in a *really* small, specific moment in time. [Gabriel: Okay.] Which is that, that very last moment before that beep basically reminds you right to capture what was in your experience. And what we're interested in specifically is direct what we call *directly apprehended experience*.

16:51 Gabriel: Okay.

16:51 CK: So sort of in the same way that you would take a picture, right? Like a snapshot of a moment in time in that picture you could say, well, there was a red car there and there was a tree here, [Gabriel: Mm-hmm.] whatever. We want to capture what we like to call as unambiguously present to you at the moment of the beep.

17:11 Gabriel: Okay.

17:11 CK: So whatever that might be. Right? It could be nothing. It could be a sensory feeling of something, it could be a mental thing of something. We don't care in any direction of what phenomena it captures, but we're interested in whatever happens to be directly apprehended by you at the moment.

Taking notes

17:34 CK: And I would strengthen what Amber said about the notebook to say when that beep goes off, I, I think having a physical notebook is most helpful to take notes on. And, and those notes specifically, the intention of the notes, at least, is for that you rather than having the beep go off, try to remember what's there and then come in without taking any notes and then having to talk to us about describing your experience at that moment. That'll be pretty challenging memory-wise, [Gabriel: Mm-hmm] and so the notes are to sort of act as almost like contemporaneous data collection of your, you can think of it that way. But really it's just an opportunity for you when the experience is still fresh, right? Like [AG: mm-hmm.] within a second, y'know, turning off as soon as that beep sounds and you turn it off. Right. We want the note taking to start right, right afterwards. [AG: Yeah.] Because we find that often that experience is pretty fleeting [Gabriel: Mm-hmm.] so even, even the act of, y'know, taking out your phone and unlocking it, [Gabriel: Yes.] and finding notes out in that whole process. We, it's, it's, it sometimes happens that even in that couple second delay, people will kind of forget what was caught in flight by the beep.

18:41 Gabriel: Mm-hmm.

18:42 CK: The notebook's easy just cuz y'know, you just have in your pocket open it and just start jotting down notes. So...

18:46 Gabriel: I feel like I should attach a pen to it as well, just so that, uh, I don't have to worry about getting a pen out too.

18:51 CK: Yep, I would, I would recommend that. So I would say, and, *and* I would say to all that you might find for yourself that for whatever reason, like physically writing the notes is, does cause you to lose the experience. And that's where I would say, if you find that taking notes on your phone or on your computer or, y'know, audio notes, whatever, whatever is going to help you be able to, um, remember or [Gabriel: mm-hmm.] y'know, to, to, to, to have access to whatever that the phenomena was at the moment of the, at each of those beeps, I would say go for it.

19:26 Gabriel: Okay.

19:27 CK: And like Amber said, those notes are not part of our, we will never look at your notes and [Gabriel: Okay.] Analyze the notes or things like that. Those notes are purely notes written by you for you.

19:27 Russ comments: Actually, we do occasionally (albeit rarely) look at the notes if some aspect of the note-taking becomes salient in the sampling. Sometimes a participant wants to show us a figure that she's drawn; sometimes the interview seems to wander, which might lead to a discussion of where it began, which can be clarified by discussing what the notes say.

The general principle is correct: The notes are generally between Gabriel and Gabriel, and we won't look at them unless Gabriel and we decide that might be a good idea.

19:38 Gabriel: Okay.

19:39 AG: So, yeah, feel free to write your notes however makes sense to you. It does not matter to us how you do that.

19:44 Gabriel: Okay.

19:44 AG: And yeah, you kind have said that better myself. Yeah. Just to capture exactly to the best of, y'know, best, best that we can, what was going on, um, at that very, very small, uh, window of time that [Gabriel: Okay.] we're interested in.

19:57 CK: I'd shrink, I'd say too, it's not just what's going on, it's what's in your ex, [Gabriel: yes] what is directly present [AG: Yes] to your experience. Cause a lot of things go on in every moment. [AG: That true.] Like, you can be sitting in the chair, you have the earphone in your ear, [Gabriel: Mm-hmm.] that's no doubt going on, but likely I'm assuming, right, what, those weren't necessarily directly present to you until I draw your attention to the earpiece [Gabriel: mm-hmm.] and the chair, and your butt on the chair and all that stuff. [AG: Mm-hmm.] we want to know what's in your direct ex-[Gabriel: Okay.] Uh, directly apprehended experience.

20:27 AG: Yeah. [Gabriel: Okay.] And then, um, I guess another thing that I'd like to emphasize is you don't have to take any guesses. Um, if you don't know, you can say like, "Oh, I don't know," [Gabriel: Mm-hmm.] um, you can say "nothing." As Cody mentioned earlier, sometimes nothing is in people's experience that, that we found that a few times. So that is also an acceptable answer. Um, it's not like we have any rules for what is experienced. There are no rules. So anything that is, is in your direct experience is, is something we are interested in. It's something you'd like to hear about.

20:58 Gabriel: Okay.

20:59 AG: So don't I, I mean, I don't want you to feel that like, the beep goes off, I don't know what was going on. I gotta tell these guys something, so I'm gonna take a guess. Like [Gabriel: Mm-hmm.] y'know, we're, we're not interested in that. We, we are interested in knowing that, uh, nothing was going on or I didn't think anything was going on. We are interested in that.

21:16 Gabriel: Okay.

21:16 AG: So yeah, just wanted to emphasize that too.

21:18 Gabriel: Okay. That does that makes sense. [AG: Mm-hmm.] Yeah. It sounds, um, it does sound challenging. Uh, it seems like it's gonna be difficult to, to remember.

21:29 AG: It is a bit of a challenging, um, procedure.

21:33 Gabriel: Does it get easier with practice?

21:35 AG: I would say so, yes.

21:35 Russ comments: This is actually a tricky question to answer. It is true that, *for most people*, it gets easier. But we don't want to set up an expectation that it *will* get easier, and we don't want to encourage participants to pretend it is getting easier if it is not.

21:35 Gabriel: Okay. Because I have a feeling that's gonna need to happen. I think it sounds, it does sound like I'm gonna be really bad at this at first [laughs].

21:42 AG: No, don't worry. Um, it, it, it's, it is a very challenging and difficult process and, and, um, uh, the first day is, is very difficult. [Gabriel: Okay.] So, so there, there is no pressure. Like, please do not worry about that. [Gabriel: Okay.] Um, again, we, we don't have any expectations. We don't expect to find anything. We don't expect to, we're not looking for anything. We just genuine. We just genuinely are curious what is going on in your experience.

22:07 Gabriel: Okay.

Sampling requires practice

22:07 CK: And what I would say with that is... For mo... We expect you to not do a great job at this on the first day. [Gabriel: Okay. (laughs)] That is sort of, and that's not a fault on you. That's, that is, we've, my experience has been, it's impossible no matter how much we've talked to you about this today, and, y'know, we've clearly spent some bit of time trying to define what we're interested in [AG: Mm hmm.] and give you, y'know, um, opportunity to try the beeper out and stuff. In almost every single case, the first day is always difficult. And the reason for that is we recognize that we are asking you to do a lot of things that you likely probably are not doing now, or haven't had any practice in. Right. You're having to attend to this, whatever's directly up in your experience at this specific moment in time. That's sort of novel and new, you're gonna have to put to words these experiences that may not necessarily adhere to words and things like that [Gabriel: mm-hmm.] [Gabriel: Yeah.] And that is challenging. [AG: Yeah.] [Gabriel: Okay.] And, and, and the reason why, y'know, basically the, the longer sort of term project here is the, the hope would be that we do this over several rounds. So, y'know, we'll find the time to meet for your first interview. You'll wear the beeper, we'll, we'll talk about it and probably do a pretty sloppy job at that. But as a function of schlepping our way through the sloppiness on the first interview, then you'll, all of us will be better positioned to potentially apprehend and describe better a fresh set of experiences. Right? So if we do this a second time, you'll wear the beeper again. And, and hopefully as a result of our conversations on the first sampling day, you'll be able to know, okay, this is kind of right. You'll, it'll better inform what, how to apprehend your experience. We'll be better informed to talk about that on our second interview. And so we call that *iterative training*, right? And it's just, it's really impossible at the outset to kind of define what is that we're gonna find and how to do this and stuff like that. So that's

why we're sort of intentionally vague [Gabriel: Yeah, right.] even here with these instructions because there is sort of no, there's no right way of doing this. There's no,

24:19 Gabriel: You don't wanna lead the witness.

24:21 CK: It's actually more... Yes, and it's more than that. It's that we, and we don't know what we'll find, really.

24:26 Gabriel: Okay. Got it.

24:26 AG: Yeah.

24:26 CK: And so I would, what I would encourage you to do is just to be, again, like relax into the wearing the beeper as much as possible. And even with the task, um, whatever will allow you to sort of be the most, I dunno the best, receptive, the most open to just kind of recognizing like, what, what was kind of directly present to me at that last moment, just before the beep went off, right? [Gabriel: Mm-hmm.] Whatever helps, whatever kind of mindset process, what have you to, to kind of be receptive to your experience in that moment [Gabriel: Mm-hmm.] is the better. [Gabriel: Okay.] But we expect you to be bad at it, and we expect ourselves to ask bad questions about that starting off on this.

25:14 AG: Yeah.

25:15 CK: That's not a failure on any of our parts. That's just the way that this goes. [Gabriel: Mm-hmm.] More than likely what's gonna happen is after the first interview, you'll feel like, well, if I had known you would've asked me questions like this or that [AG: mm-hmm.] then I would've, I would've paid more attention to that. And that, that's kind of the, our hope is that [AG: mm-hmm.] as a result of that conversation. And even for your first sampling, right? You'll probably leave today having some idea of what we're interested in. You'll wear the beeper once, we'll talk about and you'll say: "geez, like, that was way different than what I was expecting." And each round will kind of feel that way. [Gabriel: Mm-hmm.] What we find often is that people get, people can and do get better at apprehending their experience and talking about their experience over time, but it does take time and, um, making mistakes. And that's our goal is not to be perfect at it. Our goal is to, is recognizing that that is a difficult task.

26:06 Gabriel: Yer, right, okay.

26:06 CK: And doing our best to try to do what is possible to [Gabriel: Okay.] to do.

26:13 AG: Yeah.

26:14 Gabriel: Okay. Intre, Uh, I, is there any advice, uh, on like making sure that you're not accidentally like, putting things in that weren't there? Uh, because you mentioned like, not noting like the, "I, I probably didn't have this in my awareness until you mentioned it" right? Um, y'know what, I think I'm just gonna have to try this a few

times in the, in order for, in order to ask the que, try to ask the question I'm trying to ask,

26:50 AG: Yeah, No, absolutely. Okay. Yeah. And, and, and, um, and like Cody was saying that this is a learning process for all of us. So the first day, yeah, we are, we are still learning how to communicate with you. We're still learning how to ask you the right questions, questions we're, we're learning how to ask you things and talk to you in such a way that you'll understand what we're asking. And then we are also trying to, y'know, understand what you're saying.

27:09 Gabriel: Okay.

27:09 AG: So, and it's not, again, it's not a critique on anyone's part. We're, it's, it's iterative for everyone, so [Gabriel: mm-hmm.] we, we are all on the same team and we are all learning, so, [Gabriel: okay.] Yeah. Don't, don't worry about things like that. Um, we'll, we'll, we'll cross those bridges when we get there and, [Gabriel: Okay.] And, and, um, feel free to bring questions to the first sampling day or any sampling day. Um, when we start, we usually ask if there's anything that you have questions about or anything you'd like to talk about prior to starting. Um, we, we usually we do ask that. And if you do have a question, like feel free to bring it up at the, start of the meeting when everyone's present, and then we can all address that as a team.

27:46 Gabriel: Okay. [AG: Yeah.] Sounds good.

27:48 AG: Um, is there anything else other than scheduling,

Other questions

27:53 CK: Um, to your question about advice? I would say the best, the best thing I would advise is just to give it a shot.

27:59 AG: Yeah.

27:59 Gabriel: Okay.

28:00 CK: You can feel free to play around with the beeper prior to the sampling day. So what I mean by that is if you want to just see what it's like to wear it and just kinda, y'know, like in that way practice with it, that's, that's totally fine.

28:12 Gabriel: Okay.

28:14 CK: Um, but, but once we set a time to meet, please do wear the beeper and try to get six beeps on [Gabriel: Okay.] the day, the day before.

28:23 AG: Yeah.

28:23 Gabriel: Okay. Six, uh, six beeps at least, or exactly six beeps.

28:27 CK: Si uh-

28:27 AG: Six is like the max.

28:28 CK: I would say ai-. Yeah. Aim for six.

28:30 AG: Yeah.

28:30 Gabriel: Okay.

28:30 CK: We understand life happens and so you might block out some time for it and you only get to five and that's all you get to. [Gabriel: Mm-hmm.] That's fine. So we, we, it's not like we have a mandate that it *has to* be six, but aim for six.

28:42 Gabriel: Okay.

28:43 AG: Yeah. Six is just our happy number. I guess

28:45 CK: Six is really just the amount of time we find that that's sort of the, a sweet spot of gives us enough talk about for an hour, but not too much. Cuz if you collect more than that, we probably won't get til seven or eight or nine beeps.

28:56 Gabriel: Okay, yeah. So, all right. Makes sense.

28:58 AG: We also don't wanna overkill, um, anything we talk about too because it, it is, it is taxing on everyone, so, [Gabriel: Okay.] We don't want to, yeah. Make too much work for you.

29:08 Gabriel: Okay. All right. Makes sense.

29:09 Ag: Um, do you have any other questions for us?

29:12 Gabriel: Uh, I think I probably will, uh, by the first sampling meeting, but not right now.

29:19 AG: Okay. That's no problem. Um, you have everyone's emails and you will have, you will have all of our emails. We will email you that thing. Um, the, the instructions that you asked-

29:31 CK: What I'd recommend is if

29:33 AG: I was gonna give him my phone-

29:34 CK: Yeah. I was gonna say, have Amber be your point of contact [AG: mm-hmm.] So if you have like issues, if whatever happens and you want like a time sensitive response, I would, I would say try to text Amber

29:46 AG: And send me a text [Gabriel: Okay] yeah then-

29:48 CK: And you can also email us too. But obviously if it's something that, y'know, probably a text is gonna be more time effective, so

29:53 AG: Yeah. Yeah. I, yeah. Better with the text messages. It's just faster. Um, yeah. Is there anything else that you've got? Cuz I don't, um, you can just, anything [laughs]?

30:09 CK: I can't think of anything beyond, again, kind of strengthening what Amber mentioned. We, we have no ulterior motives to this or there is no, we, our, we strive to be, and I think we do a pretty good job of being as transparent as possible with [Gabriel: Okay] y'know, what, what this process is, where we're coming from and all that kind of stuff. We, I think it's, I think it's really interesting to do this kind of research. I think not, I think this kind of research is very, very rare in psychology. And so, um, y'know, I, I, I hope y'know a lot of, I hope that as a process of this not only will sort of collectively the four of us learn something about your experience, but that this is something that maybe you'll find personally enjoyable or interesting. I know a lot of people that have gone through our, worn the beeper and done that kind of stuff, have learned, y'know, something surprising about inner experience and, um, I'm looking forward to it. [Gabriel: Mm-hmm.] , I think we're looking forward to it. [AG: Mm-hmm.] And, um, yeah, that's it.

31:09 Gabriel: All right.

31:10 AG: Yeah. So that's sounds good. Do you have any other questions? Anything?

31:13 Gabriel: I don't think so. [AG: Okay.] No, I'm excited though.

31:15 AG: Okay, great.

31:15 Russ comments: They compare calendars.

34:16 AG: And then, uh, if we're meeting in the afternoon, you can choose to wear the beeper the day before or the morning before. [Gabriel: Okay.] So that, that is up to you, what, what you choose to do. Um,

34:27 Gabriel: So you don't want me to wear it too long before then?

34:29 AG: No. So, so let's, for example, if we were to sample on Tuesday, uh, we would ask that you wear the beeper at the, at the earliest Monday.

34:37 Gabriel: At the earliest Monday. Okay, got it.

34:37 Russ comments: As CK said at 28:00, Gabriel is free to wear the beeper for practice, or for working out the mechanics of carrying the beeper, at any time. But for the upcoming interview, we'd like to have "fresh beeps": samples taken within about 24 hours prior to the interview.

34:38 AG: Not, no, no time before Monday. Okay. Yeah. Um, yes. So I don't know if that changes your scheduling. If it does, just let us know [laughs], um, it's not a problem.

Um, but yeah, I think that's it. Again, I will follow up with everyone about which times these are. Is does that still work for you? If we, if you plan to wear the date before?

35:00 Gabriel: Yes. Oh yeah, that works. Uh, Tuesday is actually probably, uh, the most preferable.

35:05 AG: Okay.

35:07 Gabriel: [Inaudible]

35:07 CK: That'd be Tuesday, the sixth.

35:08 Gabriel: Yeah. But they all still work, but I'm just saying Tuesday is probably the most preferable, uh, under those circumstances.

35:13 AG: Okay, no problem. So, yeah. Um, yeah. So let's say we do sample on Tuesday and you could wear the beaver anytime on Monday or Tuesday morning. [Gabriel: Mm-hmm.] Um, we just ask that you try your best to collect six beeps, uh, before coming in.

35:25 Gabriel: Okay. Sounds good.

35:25 Amber: Um, and then we'll meet here. And I think that is it, unless you have any questions for us or anything.

35:34 Gabriel: Uh, no, no questions. Yeah. Uh, just I guess out of curiosity, sure. I probably wouldn't do this, but out of curiosity, how interested are you in like [laughs] experience-, sampling people when they're sleeping, if they're having like a dream or something, [AG: um] would that even work

35:51 CK: Or, so we have had, I've, I've, I've been in some beeps where that's happened.

35:57 CK: We usually, I mean, there, there's really no such thing as usual here because we, we, y'know, we kind of treat everything as one off, but typically it's not ideal. [Gabriel: Mm-hmm.] if only because if someone's sleeping, you're really not in a position to necessarily be paying attention [Gabriel: yeah, right] to what's ongoing. And so if the beep interrupts you, it, it, it, because the moment is sort of screwed up, messed up, right?

36:20 Gabriel: Yeah. Mm-hmm.

36:20 CK: Then, then it is sort of difficult to do [Gabriel: Okay.] The task. But I would say, so I, I would say, I would say early on, just wear the beep at a time when it is both convenient for you. [Gabriel: Yeah.] And also not too, like taxing, y'know, like, I, like, I, I wouldn't recommend doing this like in the middle of a,

36:44 AG: Like a, like test.

36:44 CK: I can't, I can't think of a good, I, I guess like sleeping would be a good example where it's like, I, I think it's, it, it, it's, it's already gonna be somewhat possibly difficult or novel. Right. And I would hate to subject that novelty to additional testing, but stress testing it even more. Right. So where, in where it's a time that's gonna be, y'know, relatively easy for you to wear the beeper and kind of grasp what's going on at the beep. [Gabriel: Mm-hmm.] But I, I'm, I would also say that we don't have hard, that's not a hard and fast rule, [Gabriel: Okay.] That we never, ever do that and stuff, but, okay.

37:14 Gabriel: Yeah. I wasn't planning on it, I was just curious.

37:16 AG: That, that is a good question.

37:17 Gabriel: Okay.

37:17 AG: [laughs]

37:18 CK: I do think it'd be that kind of study be interesting, but yet we haven't found a way of getting the, uh, being able to specify the moment when someone's asleep. [AG: mm-hmm]

37:28 Gabriel: Yeah, that makes sense. Like, I feel like when I'm dreaming, um, and I wake up in the middle of the dream, it's pretty hard to like say how long ago the dream was. [AG: Mm-hmm.] kind of, sometimes it feels like it was immediate. Sometimes it feels like it was a long time ago and you just woke up and it feels immediate, y'know.

37:47 CK: But I would say what you're talking about is the kind of, it is sort of in the ballpark of the experience we're interested in though. And what I mean by that is your inner experience can often be very disconnected, right. Or not follow the rules of reality, even though you might be doing something at a particular moment. Does it mean that it has to be in your experience, right? [Gabriel: Mm-hmm.] You can be driving and be doing all that skillfully, right? Not crashing into cars, not doing that, merging lanes correctly, but all that driving could be sort of happening as a fact of the universe. Universe. But none of that is directly in your experience. [Gabriel: okay.] What's in your experience is something totally else. Right. And, [Gabriel: Got it.] experientially time works differently like that too, right? Where something could have in reality just happened just, just a second ago, but my experience is of it being delayed or suspended in time or things like that, right? And I say that as examples of, um, it's focusing on that what is in your experience that we're essentially,

38:43 Gabriel: Okay, So I won't bend it to make sense with reality. [laughs], I'll give you straight up what I'm feeling at the time.

38:50 AG: Absolutely.

38:50 CK: Whatever's directly apprehended, I would say if, if it happens to be in concert with reality [AG: Sure.] that's, that's fine. And if it doesn't, that's fine too.

38:58 Gabriel: All right, makes sense.

38:59 AG: Yep. There's no rules here, [laughs]. Okay. So, yes.

39:03 Gabriel: All right.

39:03 CK: Yep.

39:03 Gabriel: So does that, does that cover everything?

39:05 AG: I believe so, [CK: For now] unless you've got anything for us.

39:07 CK: So Amber will send, like she said, we'll finalize a time on our end and let y'know when that'll be. [Gabriel: Okay.] And then Amber will send you a reminder the day before, [AG: the day before] to where the m, remember to wear the beeper. And then we'll get together and talk about those beeps.

39:21 Gabriel: Okay. That sounds great.

39:22 AG: And then, yeah, feel free, if you would feel more comfortable to experiment with it any time before our sampling, that's completely fine.

39:28 Gabriel: Okay.

39:28 CK: Yep.

39:29 AG: Um, yeah, however you'd like to go about it.

39:31 Gabriel: All right. Is there like a little bag that I'm supposed to put this in here? [Holding the earphone and wire]

39:34 AG: Um, no, that bag had a staple on it and it is all broken.

39:38 Gabriel: Okay. That's fine.

39:38 AG: It, it, it's, I, I wrapped mine around the beeper.

39:42 Gabriel: Oh, that's a good idea.

39:43 AG: I had mine, I just left it plugged in, I wrapped it around it.

39:45 Gabriel: Oh, right. That's perfect. Cuz it has the little clip thing,

39:47 AG: Which yeah, it, it, it won't, um, the headphone won't drain the battery or anything like that. [Gabriel: Okay.] So-

39:52 Gabriel: Yeah, good idea.

39:54 AG: That's what I did, um, when I had a beeper.

40:00 Gabriel: All right.

40:00 AG: Yeah. However, yeah, however you-

40:02 Gabriel: It'll take me a second, but I'll get it.

40:03 AG: Yeah, no problem.

40:14 Gabriel: This kind of looks like a garage door opener.

40:16 AG: [Laughs]

40:16 CK: Yeah, a little bit. A really big one.

40:19 AG: Oh. And, um, Dr. Hur, [inaudible] say that those things are pretty, they're pretty tough. Um, just, uh, I don't think they, they fare very well with water. [Gabriel: Okay. [laughs]] So Yeah. Just don't wear it in-

40:29 Gabriel: It does look kind of heavy duty otherwise.

40:31 AG: Yes. Yeah. So just don't wear it in the shower. But otherwise it's, it's pretty, it's a pretty tough, uh, it's a pretty tough device, so.

40:36 Gabriel: Okay

40:36 AG: No worries about that.

40:37 Gabriel: All right.

40:38 CK: I wouldn't go out of your to test that, but [laughs]

40:39 AG: Yeah, yeah, yeah. Don't stress test it, but

40:41 Gabriel: I won't. Okay. No worries. All right, perfect. And, uh, put this here for now. Yeah. Okay. So, uh, I'm waiting on, uh, Dr. Hurlburt to decide what day?

40:56 CK: We'll let y'know [Gabriel: right?]

40:56 AG: Yeah, Yeah, he, yeah. We'll, we'll just finalize so the whole group can be [Inaudible]

40:59 Gabriel: Okay. Perfect. That sounds great.

41:01 AG: Yeah.

41:02 Gabriel: Alright.

41:02 AG: Thank, thank you.

41:03 Gabriel: Where'd I put my, my sunglasses?

41:04 AG: Oh, are they in the-

41:05 Gabriel: No, I put 'em here. Never mind. [AG: Got it.] I'm just, uh, losing my mind.

41:08 AG: Oh, no problem. You got everything?

41:09 Gabriel: I do. Okay. All right. Thank you so much [AG: Thank you!] I hope you both have a great day.

41:13 CK: Yep, you too. [AG: You too.] Nice meeting you.

41:14 Gabriel: Nice meeting you too. Bye-Bye.