

Kerry U.
Kerry Interview 0: DES Instructions

Below in black is a word-for-word transcript of the May 17th interview with Kerry that is available on YouTube at <https://youtu.be/gwF82gjTBcI>. In brown are conversations about the Descriptive Experience Sampling process that took place during the interview. In green are 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

JBK = Julian Bass-Krueger

Mel = Mel May

Kerry = Kerry U.

- 0:00 RTH: Should, we should treat this, these conversations that we have as being private between the four of us until Kerry and the rest of us (but primarily Kerry) says that it's okay with us to, to do something different with them. And what that different *might be*, might be, I might wanna post it on the website along with the kinds of things that I have already done. I wouldn't do that without making sure that it was all right with Kerry and with everybody else. So, um, but that's, that's at least in the realm of possibility. And I think Mel and Julian might have other interests possibly down the road, which they could talk about now or talk about down, down the road, whichever. But, uh,
- 0:49 JBK: Yeah, possibly editing it for shorter segments, not sure where it would go, YouTube or, or something like that.
- 0:56 Mel: Yeah. And then likewise, Kerry, as I've discussed with you, I think, um, I'm still not sure about what, how this project takes its form, but certainly there is a chance that this goes somewhere, and particularly in podcast form at the moment, I think. Um, but ultimately this is like a developmental piece for me about could go public, uh, in some form, but that's definitely something that we would keep you across.
- 1:20 Kerry: Awesome. Yeah, all of the above sounds really interesting and fun. So I'm just along for the ride [laughs]
- 1:25 Mel: [laughs]
- 1:27 RTH: Ok. And the, the task for us today is to figure out exactly what we're gonna do, which I think in, at least in the broadest strokes, is going to be: we're, you're gonna wear a beeper and get a half a dozen beeps or so. And then we're gonna get together and talk about those beeps. And how we're gonna talk about those beeps, I don't think we've actually worked out. It could be that Julian and I will be doing the interviewing, or it could be that Mel and Julian and I will be doing the interviewing. Or it could be

that Julian and I will start out doing the interviewing, and then when Mel feels comfortable, she can participate in the interviewing, but it's gonna be something like two, or you could say two or three against one [laughs], which doesn't sound too fair, but you could also say that it's four against one or 4, 4, 4 of us, all of us trying with the same goal, *I think*, and that goal is to try to grasp something of Kerry's inner experience, the way, the way she experiences it. And that's basically the whole project. The whole, the whole, the whole project is pretty simple-minded kind of a thing. It is: let's see whether we can see Kerry from the inside in a, in the, in the way that Kerry herself only ever gets a chance to see it. And then the rest of us get a privileged to get a glimpse or six a day into [laughs], into those

2:50 Kerry: Both exciting and terrifying at the same time. Can't wait. [laughs].

2:54 Mel: [laughs].

2:55 RTH: Well, we'll, we'll, we will try to minimize the terrifying portion, portion of it, but there, but there, there is an unknown as— aspect of it. And, *and* I would say that we talked a bit about ago about you having control over the recordings of this, but you also have control over *all* aspects of it, actually. If a beep occurs and it's about something that you don't wanna talk about, you should say, *I don't wanna talk about it*. I've got things that are none of your business. You've got things that are none of my business. And, and you shouldn't feel obligated to, to reveal something that you don't wanna reveal or to, to say something that, that you don't wanna say, or whatever. I, on the other side of that coin, I would say that if we talk about a sample, that it, it's generally better to talk about the whole sample rather than hold back some piece of it. So if there's something that occurs on a sample that you don't want to talk about, we should just, let's skip this sample, rather than try to hide some portion of the sample. Because if you try to hold some, back some portion, then we might circle around trying to figure out what's going on.

4:05 Kerry: Wait, so can you clarify that? Sorry. Um, if there, with the sample. If, if there's something that I don't wanna speak about, it's not, are you saying it's, I shouldn't discount the whole beeping session. It's just that one point, right.

4:18 RTH: What I'm saying is skip that entire sample. So a day, a sampling day is gonna have like six samples in it.

4:24 Kerry: Got it.

4:24 RTH: And if I'm sample number 2, there is something that you don't want to talk about, I would say let's skip sample number 2. *Rather than* hold back some aspect of sample number 2 and try to talk about the *rest* of sample 2 without, without delving into, into that portion of it. But I, I, I would say the all, everything that we're gonna talk about is something that we will get better at as we go along. So I don't think we have to be too clear about *anything* today. Our, our task is to have a sort of a sketch today about what's gonna happen, and then we'll try to *do* it. And then after we've done it, or while we're doing it, then we will refine our ability to do it better and answer questions that we, that we've got. So, so there's no necessity that we have a perfect

understanding at this moment of what's gonna happen. No, nobody ever has a perfect understanding, and we will, we, we will develop the, the details as, as we go along.

5:25 Kerry: Sounds good.

5:27 RTH: So do you have any particular questions that you wanna ask before we describe how the beeper works and that kind of stuff?

5:35 Kerry: Um, I mean, I kind of, I think my only question, which I went over with Mel previously, but I basically was like, what's most helpful? Like, what should I write down? And she was sort of like, anything that you think is going to be best. So I, I assume that that's correct, but I like, um, I like doing things the right way. So if there's anything that's most helpful for you guys to know, for me to write down after each beep, I would love to know. But I have a feeling that you're going to say *whatever I think*. [laughs]

6:05 Mel: Kerry, Kerry did the same thing that I did, Russ, where it was like, tell me what you wanna know. And I was like, No, there's no, there's no guide. We give you no instruction there, [laughs].

6:05 Russ comments: My Mel-influence antenna jangles a bit. I know Mel and Kerry have a relationship, and Mel has invited Kerry to participate in DES, but I don't want Mel to export her own DES experience onto Kerry. However, I also don't want to make the DES experience rule-bound. So I won't do anything about it now, but my level of alert in this department has increased a notch.

6:18 RTH: Yeah, we, the, the, the project I, I, what we wanna know is about what Kerry's experience is like at the [snaps finger] moment of a beep. So you're gonna get a beep and right one microsecond just before that beep occurred—that's the moment that we're interested in. And we would like you to develop the skills of telling us about that moment of your experience. And we don't know how to do that because we don't know what your experience is like. So we can't tell you what is important because we don't *know* what's important. We can't tell you how to do it really, because we don't really know what is necessary for you to tell us about that. That's part of the, what I call, we call the *iterative* method. We're gonna get better at that. You're gonna take a stab at it, and then we're gonna ask you some questions and you're gonna say, well, if I had known you were gonna ask that question, then I would've written down this. But then that next time we, we will be better about that.

7:12 Kerry: Got it. Ok.

7:13 RTH: But we, but we don't know what to tell you. And even if we did know what to tell you, I would prefer not to tell you because that would then, you know, let's say I... Let's say I told you, *well, I'm interested in words*, then you would say, well, yeah, I gotta keep track of words. But I'm not particularly interested in words. I'm interested in words if words happen to be in your inner experience. But if they're not, then I'm not interested in words *at all*. So it's hard to know what to tell you [Kerry: Okay.] about your inner experience.

- 7:44 Kerry: Okay, thank you. I'm sure I'll have more questions as we go through, but yeah, I would love to hear just like your general spiel and then we can go from there. [laughs].
- 7:54 Mel: Okay. I was gonna say, Kerry, isn't it just a wonderfully frustrating-in-a-way thing, you're like, I get it, but you're not satisfying my perfectionism complex [laughs]
- 7:54 Russ comments: Another jangle (see 6:05).
- 8:02 Kerry: Like how do I get an A+? [they laugh]
- 8:09 RTH: Well, we're actually, we actually want, we're looking for a C+ on the [Kerry laughs] on day 1, and then a B- on day 2. And the A, A- or whatever on day 3 or whatever [Mel laughs] that, that's it, it's not possible.
- 8:09 RTH comments: This is a good example of why I do *not* use a script. Kerry and I have (I suspect) formed a bit of a connection over her (our) use of the grade metaphor. I have responded on Kerry's turf, with Kerry's terminology, inside Kerry's metaphor. I suspect that Kerry has felt that I heard her and took her seriously (which is an important part of DES interviews).
- 8:25 Mel: Hmm.
- 8:25 RTH: It's, it's just, it's just not possible. We have to, we have to develop a little bit of patience, I guess, about that. So the deal is, do you, you have the beeper there in, with you?
- 8:36 Kerry: I do, yes.
- 8:37 RTH: Alright. And I see you got the, uh, earphone plugged into it. And so let's, let's make sure we understand the operation of the beeper. So let's stick the, stick the earphone in your ear and, uh,
- 8:54 Kerry: Mm-Hmm. [puts the earphone in her ear]
- 8:56 RTH: And does the earphone have a hook on it?
- 8:58 Kerry: Yes, it's hooked behind.
- 9:00 RTH: Okay, good. And that hook, that hook has probably some flexibility to it, so you can squeeze it on or whatever [Kerry: Yeah.] to make, make it as secure as it can get. And some people find that the, that running the wire for the earphone down inside your shirt is easier because then the wire doesn't snag on the doorknob as you walk by or whatever. [Kerry: Right.] Um, but, uh, but how, how you deal with that is, is up to you. So let's turn on the beeper by sliding the thumb, thumb wheel, rolling, rolling the thumb wheel.
- 9:37 Kerry: Okay. It made like a

9:37 RTH: And is it, and is it beeping?

9:40 Kerry: It's just a consistent long beep.

9:41 RTH: Good. Now push the white button. [Kerry: Okay.] And it stops the beep.

9:46 Kerry: Yeah.

9:47 RTH: Good. So that means the beeper is probably working correctly. And, and, and the beeper has decided when it's going to beep again. And that might be a minute from now, and it might be 59 minutes from now, and it might be 26 minutes from now. Some, some number of minutes between beeps is chosen randomly by the beeper. It's not something that we decide, it's not something that you decide. The beeper basically makes up its own mind when it's gonna beep again. It's supposed to be within an hour, but it could be, it could be any, any time within that next hour.

10:22 Kerry: And it's six beeps throughout one session, you said.

10:27 RTH: Correct. So what we, we want you to do is to pick a time when you can wear the beeper and, and we don't care when that is. We don't care what you're doing when you're doing it. We, we want you to be doing your normal everyday activities. So you can be working, or going to the grocery store, or cleaning house or whatever it is that you do, put the beeper on, get, get us six beeps. And, and we *prefer* that you get them all in sort of one session. But there are, uh, we, we don't have any hard and fast rules about that. If something happens in the middle of a session and I can't do this anymore. You, for whatever reason, take it out, go do whatever it is that you have to do and put it back in. It's generally easier for everybody concerned, better if you can do it all in one shot. But if you can't, that, no big deal. And, and your task... Did we also get you a notebook? Do we have, do you have a, a notebook? We didn't get her a notebook?

11:23 Kerry: No, I think most likely I'll just use a note in my phone. Um, if, if that's okay, or if you prefer me to write it down, I'm happy to write it down as well.

11:33 RTH: So what I *prefer* is to have you do it in a way (this is gonna be the same answer that I gave a little bit ago) [they laugh], but I prefer you, you do it in a way which maximizes your ability to tell us about your inner experience. If that's in the phone, that's fine with me. If you can take a piece of paper in a regular eight and a half or A4 paper, whatever, and fold it up in quarters or something and stick it in your pocket and, and jot down. If that's, if that allows you to grasp what's going on in your, in your inner experience better, then I would rather have you do it that way. But I don't know. That's, that's up to your skills with phones and paper [Mel laughs] and, and whatever. But your *task*, so the thing beeps when it beeps your task is to try to *freeze* (what we call *freeze*), pay attention to what was going on, one microsecond just before the beep occurs, just before you were interrupted by the beep.

12:32 (continues) And then stop the beep and then take down some notes about that so that you can answer our questions about that experience. [Kerry: Got it.] What you

write in, what you write in those notes is, is between you and you. We're not gonna ask to look at those notes, probably. If some people can do it in one word. And some people write a whole narrative. And some people prefer to audio-record it and some people prefer to write it down. And sometimes we follow people around and ask them what's, to report right then. (That's the hard way, but we sometime, we sometimes do it that way.) But the, the object is for us to have a conversation about your experience that was going on one microsecond just before the beep began. The mechanics of how we do that is sort of a negotiation between us. [loud static bursts occur several times] Is that, are we still, can you still hear me?

13:39 Mel: Yep.

13:40 RTH: Okay. I don't know what the lightning sound there was, but.... Too many electrons [laughs]. So we'd like about a, we'd like about six beeps. We don't need *exactly* six beeps, five beeps, seven beeps, whatever. We say we like about six beeps because it generally takes us about an hour to talk about six beeps and talk, talking for an hour is probably what we should always shoot for, or may go a few minutes over an hour or whatever sometimes, but sometimes under an hour. But what it, it's, uh, hard work. These interviews are sort of hard work for everybody involved. So we're looking for, we're looking to talk about a half a dozen beeps. So what I would say is, assuming that we're still gonna *do* this, we should figure out when we're gonna do it. When, so when we're, when are we gonna meet next time?

14:39 Kerry: I'm not sure, have we picked a day? I don't think we have.

14:42 Mel: No. [Russ: We have not.] It's gonna be really fun with four time zones, isn't it? We're getting really tricky here.

14:47 JBK: [laughs]. But what did we decide that five or the, I guess five or six for me, which is eight or nine for Russ? You started at nine today or eight?

14:58 RTH: This is nine o'clock for me. 9:15.

15:00 JBK: Okay. This is nine. So I guess this, this time,

15:04 RTH: So this time or an hour earlier is probably the time we're shooting for if we can do it.

15:09 Mel: Yeah, I was about to say, I mean, does this exact day and time work next week? Let's start there.

15:17 RTH: As in next Friday?

15:19 Mel: Yeah,

15:20 JBK: Next Friday, let's see.

15:23 RTH: So that'll be Friday the 24th. Works for me.

15:25 JBK: It does work. Thursday is better for me than Fridays, generally [crosstalk], I could do Friday if needed though. Does Thursday same time work?

15:36 Kerry: Th— that works for me.

15:37 Mel: Friday's *definitely* my preference next week, just cuz I'm on a shoot in Boston, but I could make Thursday work if I had to.

15:45 JBK: Uh, well let's go Friday for next week.

15:47 Mel: Only if it works for you Kerry, though.

15:49 Kerry: Yeah, yeah, yeah, yeah.

15:51 RTH: Friday the 24th at the same time as today.

15:55 Mel: Perfect. That would be great. Sorry Julian. And then I promise I can do Thursdays. It's just next week. I'll be traveling

16:01 JBK: 6:00 PM. Alright.

16:02 Mel: From Boston.

16:04 RTH: Okay. So now we have taken one of the parameters out of the equation. So now what we would like you to do, Kerry, is to wear the beeper sometime on next Thursday or Friday early morning if you're an early morning person or, or whatever. But, but sometime in that sort of 24-hour window before next Friday. I guess your time is like 11 o'clock. Is it? That we just, or 12 o'clock noon or

16:33 Kerry: My time? I think it, it start— this meeting started at 10:00 AM.

16:36 RTH: So 10, 10:00 AM. Yeah. So probably, probably sometime on Thursday we want you to wear the beeper and we don't care when, what time that is. And, and 24 hours is not a hard and fast rule. If it's 26 hours, that'd be fine or whatever. We generally say it's not a good idea to *sleep on the beeps twice*. So sometime on Thursday then you can sleep on Thursday night and then Friday morning we'll talk about it or, or whatever. But anyway, sometime on Thursday we would like you to wear the beeper and get us a half a dozen ish beeps. [Kerry: Cool.] And, and jot down notes about them and come and come prepared on Friday to talk about what those six, six samples will be.

17:12 (continues) And the conversation will be, approximately, "Well, Kerry, at the first beep, what was in your experience?" And then you'll tell us, and then we'll answer some questions. And we'll probably have a primary interviewer. But, but it's a tag-team kind of a deal that we will, we will pass the interviewing responsibilities along. And I guess we could decide now, Mel, do you wanna be a part of like, part of a rotation there or do you wanna hang back and and watch it happen for a while and join in when, when the spirit moves you or?

- 17:45 Mel: Mm-Hmm. Yeah, something like that. I think, I think, um, I anticipate just more being a fly on the wall, certainly for the first few weeks and then if I feel like I could lob up some questions and partake, then I will. But I think from a research perspective, for me, this is my objective is to like be not, not Kerry for once and then so observe it as like a, a third party almost. And then if I feel like later as we progress, I could then observe it from the perspective of Russ and Julian, then I would join in. But at this stage now, I'll just be a silent participant, I think.
- 18:22 RTH: That's okay with me. I, I, I think it is the case that everybody who comes into these things always has some, some different motivations and we, they intersect sort of like a Venn diagram around an interest in Kerry's experience. [Mel: Mm-Hmm.] But, but everybody's got somewhat of a different motivation for why they might be interested in and therefore what role they wanna wanna play in it. [Mel: Mm-Hmm. Cool.]
- 18:51 (continues) That's, that's basically the procedure. I, I guess, I guess a couple more things about the beeper. Uh, when you're done with the beeper for a session, you should turn it off by sliding the, by rolling the thumb wheel in the opposite direction until it clicks. [Kerry: Yup.] And have we done that?
- 19:12 Kerry: Does it beep? Oh wait, does it beep right before you turn it off? Or did it just beep just then?
- 19:16 RTH: If you wiggle the, [Kerry: The wheel.] if you wiggle the wheel, it sometimes beeps. [Kerry: Okay.] The wheel, the wheel has a switch within it and if you wiggle it. But I would like, I would like to tell you a couple more things about the operator before you take the, yeah. So now hold the white button down, hold the white button down and keep it down, and then turn it on.
- 19:40 Kerry: Oh wait. Oops. Okay. Keep it down and then turn it on while it's, while I'm holding it down.
- 19:46 RTH: Yeah. And it should play a little song. Di di di di di di. Something like that. [Kerry: Yeah.] You don't need to worry about that. That's, that's the beeper telling me, basically, or telling whoever who, whoever can hear that what's going on inside the beeper. There's some switches that you can set that tells the parameters of the beep. And that's the, that is the, the beeper externalizing those parameters. The first beep says it's, uh, the first, the first three beeps, I guess the first three tones say how long the intervals are, and then the next tone says whether it's fixed intervals or random intervals or whatever. I can't remember. I'd have to look it up [laughs]. But there are, there are parameters that, that are, so I don't have to open up the box and look at the switches. I make it sing to us when, when you hold the white button down. But I'm telling you, the only reason you need to know that is I don't want you to be disturbed, if by some reason you turn it on and you hear those noises and you think, well, something's wrong here.
- 20:39 Kerry: Right. Okay.
- 20:41 RTH: Okay. And then the, the other, the other noise that the beep beeper will make, which maybe you we will never hear, is that if you leave it on and walk away from it,

sometime three minutes from now or 30 minutes from now or whatever, it's going to beep. And it'll continue to beep. As you've noticed, the beep is a long beep (beeeeeep) will continue to beep for about a minute. I forget exactly how long I programmed it to do it. But it beeps for a pretty long time. And then it stops beeping because the beep is what runs the battery down. The thing doesn't, batteries don't discharge much except when it's beeping. So if it beeps and you don't respond to it, it will stop beeping. And then it will tell you that I beeped and I didn't respond and you didn't respond to me.

21:31 (continues) It'll tell you that by having what I call the chirp. And it'll go *chirp*, and then 30 seconds later it'll go *chirp* and 30 seconds after that it'll go *chirp*, more or less like a smoke detector does when the battery is low or something. [Kerry: Yeah.] If you, if you can figure that. So if you hear that kind of a sound, that means the beeper is on, but you didn't turn, you didn't turn me off when you were done. And if that happens, just turn it off, and then turn it back on again when you're ready. And it's normal operation, which is probably all you'll ever hear is when you turn it on, it comes on beeping; and you push the white button, that'll stop the beep. And then 29 minutes later it will beep again and you'll freeze your inner experience and stop the beep and jot down some notes about the inner experience. [Kerry: Cool.] There's also a volume control. Let's, let's turn it, let's turn it off and back on again. So it comes on beeping and the wheel has the, the wheel spinning the wheel should gives you some control over the volume.

22:35 Kerry: Yeah. Oh yeah. Okay.

22:38 RTH: So we would want you to set the volume to where it's sort of comfortable to you so that it's not so loud that it startles you, but it's not so soft that you think, well, is that the beep? Is that the beep? Is that the beep? Oh yeah, that's the beep. Cuz by then you've sort of lost track of what's, what's, what was in your experience when the thing beeps. And that might take some, that might take some practice because when you're in a loud environment, then you'll want it loud. And if you're in a soft environment, then you'll want it soft. And so there is one more feature of the beep. So is it, is it the thing on, is the beeper on?

23:14 Kerry: I paused it. Yeah, it was beeping and then I paused it.

23:17 RTH: Okay. So let's see. Let's see whether it's on or off by pushing the white button down and holding the white button down. And tell me what happened.

23:24 Kerry: It beeped, pause, beep pause, beep pause.

23:29 RTH: That's what I call the square wave. It beeps and then it doesn't beep, and then it beeps and it doesn't beep. The purpose of the square wave is twofold. One is it tells you that the beeper is awake when you hear that beep, when you, when you push down the button and it sounds like that basically it's saying, "I'm awake, I'm, I'm, I'm still alive here. My earphone wire hasn't broken" or whatever. And it allows you to set the volume. So if, if you move into a new environment and you wanna check and see whether the volume, what the volume is, push that button down, adjust the volume to what's com- comfortable for you.

24:05 Kerry: Great. Cool.

24:07 RTH: It won't beep, it won't give you, give you a regular beep while you hold the white button down. Basically holding the white button down, suspends the normal operation of the beeper and allows you to check, check it out.

24:19 Kerry: Cool.

24:21 RTH: So that's what the beeper does, beeper is. If you've got questions about how the beeper operates, you can, you can try it between now and next Thursday. You, you could, you're, you should feel free to experiment with it, however it is that you want to experiment with it. The only beeps that we would be interested in would be the ones that come from next Thursday. But if you wanted to try it between now, then just to get the mechanics of how to deal with it, you can feel free...

24:55 Kerry: Sure.

24:55 RTH: ...to do that.

24:56 Kerry: Sounds good.

24:59 RTH: *And* if between now and next Thursday, or whenever you change your mind about this whole process, now that you've heard a spiel and you've seen the way I look or whatever

25:10 Kerry: [laughs],

25:12 RTH: You say, you know, I don't wanna have anything to do with *him* or them or whatever, then you should, you should feel free to change your mind about this so that this is, should be a you, you should *be* and *feel like* a free agent [laughs] in this, in this operation of, and if, if you're not, if you don't wanna do it, you should just not do it. And uh,

25:12 Julian comments: This is a great way to re-highlight the "one legitimate relationship"—that we're all coming together as free agents. We have complete control when we'd like to back out, how much we want to share, and whenever we change our minds about something. Russ already said this but re-emphasizing goes the extra distance to making Kerry feel comfortable.

25:37 Kerry: Um, I'm super comfortable and interested. [Mel: Mmm.] So I feel good all mm-Hmm. But I'll, you know, if I mind [laughs],

25:43 RTH: I wasn't, I wasn't trying to talk you out of it

25:46 Kerry: [laughs]

25:47 RTH: What I was, what I was trying to do is to make it abundantly clear that you are the, you are the controlling factor in this. And, and we want you to understand yourself as *being* the controlling factor. And if you've got suggestions for how we can do it better for *you*, you should tell us. It's a team sport. And, uh, and, and, and you, you are a principal member of the team.

26:18 Kerry: [laughs]. Thank you. [laughs]. [Mel laughs].

26:22 RTH: So I think basically that's what we need to convey. So now would be the time to ask whether Kerry's got questions about it or whether Julian or Mel think I have understated, overstated, forgotten, whatever.

26:41 Mel: I'm good.

26:42 Kerry: I feel, yeah, I feel great.

26:47 RTH: We don't have a script, as you no, perhaps have noticed. And, and that's purposeful. It's not that we're just lazy, which probably [crosstalk]

26:56 Mel: [laughs],

26:57 RTH: ...but, but I, I think that it's not possible to have the kind of, uh, understanding that we would like to have and have a script involved because I would like to know what Kerry's experience is the way Kerry's experience is. And I don't think I'm smart enough to be able to tell *us* how we go about getting that. I've got some opinions about it, but I gotta hear *from Kerry* before I, before we can, we can talk about the fine points of the, of the deal. So it could very well be that I've overlooked something or not emphasized something enough. And if that's the case, then we'll clean that up as we go. And, uh,

27:45 Kerry: Yeah, I think it's, I mean, it's almost useful that there's no script. Cuz I feel like I can't really do it incorrectly, so I'm just gonna do my best and hope it's helpful. [laughs]

27:54 RTH: The chances are good that on the first day you will think, *well, I didn't do it very good. I didn't, I didn't, I didn't know what I was doing.* And, and then that's, that's just the way it is. I, I, it's sort of like, like swimming in the ocean or something, you know. You gotta walk in, you can't swim right at the, when you first get to the water, you gotta walk in for a while until you can swim without crashing into the bottom of the ocean. [Kerry: Hmm.]

28:29 Mel: Yeah. As I said to you when I spoke to you, Kerry, it is like a, a bizarrely unique skill and so it, it will take time. And it's this weird thing at this point of jumping into this unknown with, you know, no real parameters and feeling a bit that that's sort of a weird thing to undertake. And you'll get better and you'll watch yourself evolve or like find different interest points or whatever. Like I went through this weird point as well of you don't really know what you're doing, but that is exactly the point. So, [Kerry: right.] Yeah.

- 29:03 RTH: So may maybe we ought to have a conversation about, about our interactions, because we're, we're, we have a sort of an unusual thing here in that Kerry and Mel have a relationship,
- 29:03 Russ comments: This is no doubt at least partly in response to the jangles of 6:05 and 7:54 (which have been percolating for the last half hour) as well as Mel's 28:29 comment.
- 29:20 Mel: Uh, true.
- 29:20 RTH: And the question is, what should we do about that? And we, we could say, well, *Kerry and Mel should not talk about this project at all*. I don't think a) I don't, I don't think that's a good idea, but what we, we could make, we could decide what I, I think we should decide, we should have a conversation about that, which is, is what I'm initiating here. I, I think that's too strong. I think Mel should be able to say the kind of thing that Mel just said. But Mel's is only one participant. And, and Mel's experience might not be the same as Kerry's. And so Kerry shouldn't expect to have the same kind of experience that Mel has, and Mel shouldn't expect Kerry to have the same kind of experience that she had. Could be, could be very different, could be the same. And the less they talk about it, then the more, the more they will be able to *discover* rather than *presuppose* [Mel: Mm-Hmm.] what, what Kerry's experience is like.
- 29:20 Russ comments: Note that RTH has not said issued a rule about how to proceed in this regard. DES genuinely regards all the participants as co-investigators, and this part of that team effort / responsibility.
- 30:24 Mel: Yeah, I think that's a really good point. I think there actually should be a fairly hard and fast rule of we like, don't text me about [laughs] any of this, Kerry, and we just chat about this when we're on these meetings and things like that. I think that's a really good idea. [Kerry: Yeah.] And I'll just keep my yappity little mouth shut as much as possible. [laughs].
- 30:44 RTH: So I, I I think there is, there's virtue in that.
- 30:47 Mel: Yeah.
- 30:49 RTH: I think, I think to be too extreme about that might be a little bit of a mistake. What I, what I *would* say, specifically, is that Kerry and Mel or Kerry and Julian, or Kerry and Russ for that matter shouldn't talk about *the beeps* except when we're all together. Because anytime that Kerry has talked about beep number 3, then she will, uh, that'll sort of take the energy out of the, out of talking about beep 3 for the rest of us, or something like that. [Kerry: Mm-Hmm.] [Mel: Mm-Hmm.] So I would say *for sure*, let's not talk about, let's not talk about individual beeps. Probably not a good idea to talk much about the process because I think everybody would actually get more outta the process if everybody comes at as, as, [coughs] excuse me, as cleanly or purely or whatever as possible.
- 31:43 Mel: Yeah. Yeah, I agree with that.

31:46 RTH: [JBK talks at the same time] But you, I don't, I don't wanna be hard and fast, you know, if you were to meet in some kind of a virtual party or whatever, and Kerry would say, well, this is what I'm doing, and Mel said I that I was doing that too, or whatever. I, I, I wouldn't want to invoke some kind of a rule: *Well, we can't, yeah, we can't talk about that*

32:02 Mel: So it's such a likely scenario, Russ! [they laugh] So I'm glad we,

32:07 RTH: I don't know Kerry. Y'know, Kerry, Kerry could be...

32:10 Kerry: I'm really big on Zoom parties! [laughs]

32:14 RTH: Could be!

32:15 Mel: Uh, Julian, you were gonna say something?

32:17 JBK: Yeah, yeah. On my end, I don't feel a need personally to enforce something like that. Like you should only talk about it, you know, during the meetings, um, or altogether. Um, I mean, I think it's fine if you two decide it's better, but [Mel: Mm-Hmm.] I, I personally won't be enforcing it. [Mel: Mm-Hmm.] Um, but yeah, I think a little bit of of chat is okay. And if you say something interesting that you think, oh, maybe we should have said this on camera, you know, you could always bring that up or send it in an email. [Mel: Yeah.]

32:17 RTH comments: I think quite a lot is lost between an original conversation and anything that might be subsequently said in an email.

32:48 JBK: (continues) But, uh, I will say, um, me and Russ have also been like having long back and forths. So we've been transcribing the interviews and then writing comments back and forth to each other, like, I think Mel's experience was like this, and Russ will say, I think you're wrong, it was more like this. So we've been having these sorts of conversations, um, and now with, with Mel in on it, uh, and of course you too, Kerry, there's a question of if we want to keep those conversations like deep in these transcripts or if we just want to have them more just in emails, like in email threads, it could be easier for everybody. So I think that's also something we could talk about if people have preferences.

33:40 RTH: Well, I, I think that misstates a little bit about what's happening, because the conversations that Julian and I have been having have been in the transcripts, but *Mel* has been...

33:49 Mel: ...a blind party. Well, not a blind. I'm a, a, a silent party.

33:54 RTH: She has seen those.

33:56 Mel: Yeah.

- 33:56 RTH: She, she has seen those commentaries to the extent that she wants to see them. She hasn't participated, for the most part, in them. But it's not like Julian and I have been having private conversations. That's just not true. [JBK: Right.] Julian and I have been having conversations which Mel has been present to, to the extent that she's wanted to be. And we should, we, I think we would want to have transcripts of the Kerry interviews and we can pass those back and forth and, and do the same kind of a thing that with Kerry as we did with Mel, which is to say, if we wanna have a conversation, we should have a conversation. And Kerry can look at it or not, depending on how, how she wants to deal with that. If she wants to know what we're saying about the interviews, she can read 'em. And if she does, she wants to, ignorance is bliss. [Mel: Mm.] When whatever she can, she can do that. I don't, I don't actually know how much of the commentary Mel has looked at. It could be all of it. It could be none of it. She could have found it interesting. She could have found it boring. I don't really know.
- 35:05 Mel: Mm-Hmm. It depends how busy my week is. Like sometimes I read the whole thing and, and really deep dive and think, and then there might be two weeks where I see them come through and I don't even click on them. Like, it just, it depends on what other stuff I've got going on, but they're *fascinating* conversations.
- 35:23 Kerry: Mmm. So do you, the transcript comes through on a weekly basis and you analyze it on a weekly basis and then sort of publish that? Or how does, how does that work?
- 35:35 RTH: So, that's a good question. So, so basically what, what, what happens is that Julian makes a, ha, has been making, and we're, I, I presume since we're still on Zencastr, he's gonna do it. He'll, he'll make a video and he'll send it to me as a video. And I will prepare a draft of a transcript, which I will have an AI organization called Temi do the first draft, and then I'll clean it up and, and I might make some comments in that and then send it back to Julian and Mel and Kerry and, and Julian or Mel or Kerry and / or whatever, if I have a comment, they might respond to it or whatever, might clean up the, clean up the transcript. But nothing would be made public until such time as we all agree that it would be made public. These things would be as the video would be the private property of the four of us. And then somewhere down the road we might say, well, it's okay with us to make this public in this way. Then that would, that decision would be about the transcript and the video or the video and the, or the transcript or however we, however we wanted to do that. [Kerry: Yep. Cool.]
- 36:55 Mel: So it's just sort of like an element of it that plays out in the background, Kerry, that you are, um, like CC'd on and absolutely part of, but can be as part of as you wish, I guess is sort of the thing. [Kerry: Yeah, that makes sense.] And like for your knowledge, like none of my stuff is gone public yet. Still has it, has it? [Russ: No.] No. Yeah, yeah, yeah. So like
- 37:18 RTH: I, I have made a draft of a website the way it might look for the, and, and I think it involves the first couple, first the, the interview like this, which we call Interview Zero. Mel: Yeah.] And, and, uh, the first two interviews or something like that. I've made that and circulated. It's basically so Mel could see, well, this is what an interview

would look like if it was on the web. This is, this is what would be. But that was that, that was a private link that I've sent to, to them.

37:45 Mel: Yeah.

37:47 Kerry: Yep. That makes sense.

37:47 JBK: We could talk about that a bit after, after this even like talk about releasing it

37:55 Mel: Oh, my stuff.

37:58 JBK: But probably we should deal with, uh, this, this current project first.

38:04 Mel: Yeah.

38:06 RTH: But, but the how it, how it would be released and when it would be released would be something that we would, that we would talk about I think appropriately after we know what we've got.

38:16 Mel: Yeah.

38:17 RTH: We, we, we don't know what your experience is gonna be like. It could be that it, you know, would be something that we would think we should *never* release after we saw it! [they laugh], or it could be that it could be something that we would, that we would think would be very interesting for whatever reason, that we should try to get it out quickly and, uh

38:39 Kerry: Yep.

38:39 RTH: But, but we're, so far we don't know anything about it, really.

38:42 Kerry: Right. [Mel: Yep.]

38:49 RTH: So the, the, I would say the, the, the main purpose of this interview is to, is to sketch a, a very-bright-sunlight kind of a deal so that Kerry can think, well, I can tell these guys about my experience and feel a little bit safe. And we'll see after we talk about the first time, the first interview might be a shock to her. I doubt it, but let's, we'll try to keep it open.

39:31 Kerry: Great. I am, I'm, I'm pretty much an open book on a good day, so I feel quite comfortable, but we'll see how we go after the first one. [laughs]

39:42 RTH: Sounds good to me. Anything else that we should be talking about?

39:50 Mel: I think there's enough from my end,

39:52 JBK: I'll send you an email that you'll get Thursday morning, like a reminder to do the sampling. Um, so also to myself to send that [laughs].

40:05 Mel: Yeah, true.

40:07 RTH: And, and if that, if that time, for whatever reason, doesn't work out, you should say, I can't do that time anymore, or something came up. We should, we should figure it out.

40:16 Kerry: Um, and then, sorry, how many sessions? I think it's like 10 to 12, is that right? Or am I just however many we need as we go, or it's kinda flexible?

40:26 RTH: At the end of the first session, we will try to decide whether we should do it again, and then if we answer that yes, then we'll have a second session. And at the end of that session, we'll try to decide whether we should do it again. And if the answer to that is yes, we'll have a third session. How many sessions are there likely to be? I would say assuming that everybody stays interested, it will be at least three and probably more like six or ten. But there's no,

40:56 Kerry: No like set number

40:58 RTH: No, no set number. [Kerry: Yeah.] When we get, when we get to the place where you are saying, well, this is pretty much like that, and this is pretty much like that, and that's pretty much like this other, and you're saying that all the, all the time, then the chances are pretty good everybody will say, well, it's time to, we've, we've got enough glimpses of Kerry's experience that we should call this a day.

41:19 Mel: Yeah. That we sort of get it.

41:23 RTH: But if, if, if it turns out that there's something that we're, that we can't figure out: *what does she mean by that?!?* And Kerry's saying, *well, I don't know what I mean by that either*, then we, we might want to, we might wanna do more than [Kerry: Mm-Hmm.] ten sessions or whatever.

41:42 Mel: [Kerry: Exciting!] So that's it. [JBK: Mm-Hmm.] Welcome to the team. [laughs]. [Kerry: Thank you. I'm very excited.] And thanks for being part of it. It's so exciting for us. [Kerry: Of course.]

41:55 RTH: I I think it'll be interesting. All right, well I think, I think that answers what we need or transmits what it is that we need. And Kerry, if you do have problems, questions, or whatever about the beeper you, do you have my email address? Do I have email? [Kerry: Yes]. Why? Why we're on,

42:13 Mel: Yeah. We're all on an email thread. And also Julian's already, he's so quick, he sent through the invite for next week anyway. [JBK: Mm-Hmm.] So that's got everyone's emails on it.

42:21 RTH: Okay. And, and, and we should, we should give Kerry our cell phone numbers in case texts are a good idea for whatever reason. So would Sure. So Julian, you wanna do

that? Send her after, send her an email with this text? [JBK: Uh, yes.] Or I guess just with yours and mine. She, because she probably already has Mel.

42:45 JBK: Alright, I think I have Mel's. [Mel: Yeah.]

42:50 Mel: Cool.

42:52 RTH: Alright. Sounds good to me.

42:53 Mel: Well, unless something comes up, I will see you all next Friday.