

Mel May

Idiographic Salient Characteristics Comparison

Comparing independent informal characterizations of Mel

Green meeting concluded 3/3/25; descriptions 3/4/25; comparison 3/5/25

Julian's characterizations	Russ's characterizations	Mel' characterizations	Idiographic characteristic
Mel frequently had experience in the vicinity of nothingness. I see this as a continuum. If it's useful to break it down I'd say:	Most (nearly all, perhaps) of Mel's experience could be said to be nothing particularizedly experientialized. (I hope we can come up with a better way of describing this—maybe “not figurized”?) Out of the welter of potential experiences, at these moments Mel is <i>not</i> selecting / preferring / creating one or a few characteristics—has not made one or a few (inner or outer) whatevers the figure of her experience. Sometimes there is “nothing” in experience; sometimes action is taking place “on autopilot”; sometimes she is “carried along by” or “absorbed in” (which seem to refer to the same thing, perhaps with somewhat of a range of intensity) a movie or conversation; sometimes she is “taking in” some thing (like a photo), which seems to be the same thing as being “carried along by” except that the thing	Mel's inner experience is generally characterized by ‘shades of nothingness’ whereby she skilfully completes tasks without thought. She has described this as being on “autopilot”.	Not singling out Not Editorializing Not creating anything extra Not particularizing Not figure-izing Not Mel-izing

	is more static. All those seem to refer to Mel's experientially receiving- without-adding- anything-of-her-own.		
Nothing (absent/dormant)			
Autopilot— a shade above. For example sample 11.2 where she greets her dog coco.			
Just doing—a possible subcategory where Mel does something, like folding laundry, and it's somewhat directly present (5.4)			
Mel frequently was absorbed / carried-along / taking in / locked-in. I see this as a continuum where on the low end she's engaged. On the upper end she's deeply, totally engrossed. Also note that this was most often non-particularizing and Mel didn't find it important to tell us what a conversation or movie scene was about. She wasn't adding anything, particularly focused on one thing. Just soaking it in.			High intensity level, High concentration, High absorption level
Taking in (low)— I could see the case for a lower level of taking something in. Not sure if we call it this or something else. Examples could be samples where Mel is looking at her phone. It's not nothing.			

She's clearly has some experience. But it's not especially engrossed. (5.1, 6.4) Carried along (medium)—Mel is absorbed in a conversation or movie or whatever.			
Deeply Absorbed (high)—Mel is substantially absorbed. In two cases it was hard for her to remember the sample (e.g. watching Saltburn, 8.6). Or for example, in sample 11.5 she's editing her grandpa and totally absorbed			
I could also see the case for all of what's listed previously as one big continuum, from totally absent to totally engrossed.			
Mel had pretty frequent sensory awareness (14 samples in my admittedly hasty counting).	Sometimes sensory awarenesses were present,	Mel also reports experiencing bodily sensory awareness but for the most part it's her ability to block out distractions/other stimulus that is most notable.	Sensory awareness
Bodily / tactile - Most were bodily / tactile. In the end I don't think it will be useful to break this down too much. There were three with pressing / heaviness. But I find it hard to say if this is the same kind of heaviness. There were lots of other kinds—bloated, throbbing, achy, itchy, etc.	usually bodily and often of weight or pressure (and not particularly tactile).		SA bodily SA bodily weight/pressure

Many were negative/painful but I'm not sure if this is useful or possible to separate.			
Sound (just once I think)			
Visual (Just once I think)			
Mel sometimes had feelings. (3 times frustrated. 1 time empathetic loneliness.)	There were occasional feelings, generally not particularly explicitized, except once when the feeling was empathic.		Feeling
She sometimes had a mild feeling / vibe / state but we were never sure of this. And the tranquil feeling in 12.5 is also uncertain			
Mel sometimes had unsymbolized thinking. We counted two samples. But I think it's worth revisiting 2 more (5.2 and 7.1)	There were a few unsymbolized-thinking samples.		Unsymbolized thinking
In one sample Mel was pondering (9.2). This could be in the realm of unsymbolized thinking but more inchoate. Hard to say.			
Words present. Mel had this in at least one sample. We noted some more, but I'd like to revisit them with unsymbolized thinking in mind.	There were a few words-present samples.		Words present
Occasional Reading (with comprehension). (2 probably)			
Once seeing/registering a number (or is this like taking in?)			
	There was no inner speaking, and no (or almost no) inner seeing.		

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