

Michael D.
Michael D. Interview 11
Sampling Day 11

Below in black is a word-for-word transcript of the March 17 interview with Michael that is available on YouTube at <https://youtu.be/ks6linwWIEc> . If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

AB = Agnes Bolinska

Michael = Michael D.

- 0:00 Russ comments: The comments that I have inserted in the transcript below are intended as commentary about what I think at the time I write the comment, which is generally within a day or so of the interview. They are not to be confused with the Truth with a capital T; there is no guarantee that I will agree with them if I review them at some later time, at which time I might revise or extend them; they are invitations to Michal and/or Agnes to disagree, or to amplify, or to say they don't understand, and so on. If they wish to insert their own comments, they should pick a color other than this green, and then do so. They should also feel free to correct the transcript.
- 0:03 RTH: It is recording. So this is gonna be day 11, possibly day last. We're going to talk about that at the end and then, see, see where we get. [Michael: Okay.] Anything we should be talking about before we do that?
- 0:26 Michael: Uh, no. Um, if it's okay, we sh, I, I'm, I, I've, I've decided we should go backwards today.
- 0:33 RTH: Okay.
- 0:34 Michael: Um, just because [RTH: 6-5?] Yeah, just because 5 and 6 never get any attention. So [laughs]
- 0:40 AB: [Laughs]
- 0:41 RTH: [laughs] 6, 5, 4, 3, 2, 1.
- 0:43 Michael: Yes.
- 0:44 AB: [laughs], they feel left out.
- 0:46 Michael: They feel left out. Exactly!
- 0:48 RTH: I, I know how they feel. Fine with me.

0:53 Michael: Okay.

0:55 RTH: I'm ready.

Sample 11.6 discussion starts here (beginning with the last sample and moving backward)

0:56 Michael: Okay. Uh, so this is number 6 then. Um, so background information, I had came to campus quite early in the morning. Didn't eat anything, and I was, it was gonna be time to go to class soon, and I was feeling hungry, so I thought, well, I'll go, I, I actually keep boxes of cereal in my office for exactly this reason, but I didn't have time to eat cereal. So I, um, decided I would stop by the coffee shop on my way to class and pick up whatever I could find there. So I was in the coffee shop. Uh, I, I had thought that I was gonna be there before it got busy, because it was gonna be before classes let out. Um, anyway, that turned out to be false. But I, so I got there, and I was standing in line. There was maybe a couple, one or two people in front of me, and as I'm standing there, this is all still background information, but it's kind of important to understand what's happened next.

1:58 As I'm standing there, like more and more people are showing up to the coffee shop, and like the, the, the noise level from conversation is going up and up and up, and the kind of busyness level is going up. And, I had, so now we're getting to the actual experience.

2:22 I was scanning the coffee shop visually and had noticed, wasn't just in the process of noticing that, um, the counter was like full of people's food orders and drink orders, whatever—stuff clearly that had been ordered by people remotely and they were gonna come pick it up 'cuz it was just sitting there. And there was also a bunch of people in the coffee shop, I guess they were waiting for their remote orders 'cuz they showed up and never stood in line, whatever they were ordering, their double, chocolate lattes with extra sprinkles, or whatever they order. [Clears throat]

3:05 And then, and I, I was feeling hungry, um, and so I was, so, I was feeling the hunger in my stomach, I guess that's where you feel hunger. And I was, um, scanning, noticing the large number of orders that were on the counter waiting for people to pick them up.

3:24 I had been experiencing, and I had, (I was not experiencing this at the time), but I was sort of in the mode of almost anticipating it. I had been experiencing tapping on my back, like someone trying to get your attention. And, the first time it happened, this was, y, you know, maybe, I don't know, 90 seconds, 120 seconds earlier. The first time it happened, I actually turned around thinking that someone was tapping on my back. No one was tapping on my back. And I, and I experienced it a couple more times, which I ignored, but I was still kind of in the mode of almost anticipating it again. So that was, so there was a feeling of anticipation that there was gonna be some tapping on my back. Scanning, seeing all the food, feeling hungry.

4:12 And literally in the middle of the, the beep went off in the middle of my saying to myself, "It's too much." And I, the beep went off, I think almost in the middle of the word "too," and then the rest is irre, I actually just walked out of the coffee shop, although that's after the beep, so that doesn't count for anything. Um, but,

but I was, I was almost kind of about to turn. I was maybe in the very earliest stages of turning to walk out the door and saying, "It's too much." And the beep went off. I think it was actually in the middle of the word "too," but it was definitely go, it definitely went off while I was saying "It's too much."

- 4:56 RTH: So there's a bunch of things happening simultaneously as I understand it. [Michael: Mm-hmm, yeah.] There is scanning, [Michael: Right.] visually, and noticing the... an, and that scan, that scanning is about the chaos or number of whatever going on in the, the increasing,
- 5:12 Michael: I was scanning the whole room. It was almost (I, I thought about this afterwards). It was almost the kind of scanning you would do if for, for like, like threat scanning or *danger* scanning. I wasn't feeling threatened or like there was danger, but it was almost that kind of vigilance about what was going on around me.
- 5:33 RTH: So kind of *vigilant scanning*, we could say.
- 5:35 Michael: Yeah, that's a good way to put it.
- 5:38 RTH: Okay. And, I'm at the same time noticing that the counter is full of takeout-ordered online food.
- 5:45 Michael: Right.
- 5:47 RTH: *And*, I'm hungry, which is bodily, stomach-ey.
- 5:54 Michael: Yeah. That kind of pit in your stomach feeling. Um, I was, I I had, this was like 9:30 and I had been awake since about 5 and hadn't eaten anything all day, So I was pretty hungry at that point.
- 6:07 RTH: [Mm-hmm] But that's directly present to me along with these other things?
- 6:09 Michael: Yeah, sure, yeah.
- 6:11 RTH: And, and I'm anticipating a tapping, even though there's no tapping, there has been tapping, [Michael: Right] but I'm in some way expecting monitoring for whatever.
- 6:20 Michael: Yeah, that's right.
- 6:22 RTH: Okay. And I am saying "too much," "*It's too much.*"
- 6:25 Michael: "*It's too much.*" Yeah.
- 6:27 RTH: And, and, um. And I didn't quite understand, am I, so am I, am I *about* to leave and sort of give up on this coffee shop task and,
- 6:35 Michael: I *am* about to leave. And the "*It's too much*" was kind of the verbal manifestation of I'm leaving. Um, and I, I think I had probably already just about started to turn my

body towards the door as the beep went off. [RTH: And then] But I was not, I was not, I was still in the shop and I hadn't fully turned towards the door, but I think like my shoulder had turned like the, [mimes turn his left shoulder forward] as the beginning of turning your body.

- 6:59 RTH: And is that in my experience? O is that, that's happening and what's in my experience about that?
- 7:04 Michael: No, I'm a, I'm aware, I'm aware of that happening. Yes.
- 7:08 RTH: Okay. And those are all simultaneous, experiential...
- 7:17 Michael: Those are all happening at once. Yes.
- 7:19 RTH: And is any one of those more, sort of the most prominent? Or are they all...?
- 7:24 Michael: I think in the, in the moment of the beep, the speaking was the most prominent thing. [RTH: (inaudible)] And I did not, I did not experience, even though earlier, clearly I was hearing all the commotion 'cuz that's really the thing that was *too much*. Um, I, I thought about it pretty hard afterwards, 'cuz afterwards I was just walking to class and thinking about, you know, trying to think about how to report this particular beep. [RTH: Right.] And I don't think that I was, I was consciously aware of all that noise at the moment of the beep. I think somehow that had gone away. I mean, the noise didn't go away *in reality*, but I, I had stopped attending to it.
- 8:08 RTH: Okay. And is there anything that se, so you said that the, the, *It's too much* is the most primary thing. Is there anything that's secondary or is it that's the most and the rest are all more or less equal?
- 8:20 Michael: Um, I was probably, I was probably, I, secondary would probably be like the an, the, the anticipating of a back tapping. I was still kind of waiting for that to happen again. [RTH: Okay.] (Which it never did [laughs].)
- 8:34 RTH: Okay.
- 8:36 Michael: And the hunger was, I was aware of it, um, but it wasn't, I'd been feeling that way for a while. So I guess I had grown used to that feeling. It wasn't *very* prominent, but I was definitely aware of it. And I was aware of the fact that my eyes were scanning the room. But those were, those were definitely tertiary.
- 8:57 RTH: Okay. So the saying "It's too much," let's start there, since that's the most prominent. The, that I gather those words, "It's too much," are speaking, spoken?
- 9:09 Michael: Those are spoken words. Yes. I should have said that. Sorry. Those were spoken and, I, not that this matters, we've established that. But I, I think it *was* probably out loud and the only reason I say that is that some girl who was behind me, I think she heard that and was reacting somewhat, um, to what I said.

9:31 RTH: Okay. But your experience is not of it being one way or the other.

9:35 Michael: That's correct.

9:37 RTH: And, and we've somehow sometimes talked about the, some speaking as being spoken and sometimes heard. Is this both or mostly spoken?

9:46 Michael: This is, this is both. Yeah.

9:48 RTH: Okay. So I'm happy with that aspect. Agnes, are you all right with that or, [AB: Yep.] And then there's the anticipating. And, and is there a difference between anticipating and monitoring? It's like, do I...?

10:09 Michael: Yeah. I think there is, 'cuz, at, at least as I would use the word *monitoring*, that's more, that's monitoring, but not necessarily with a sense of expectation. But this is more, yeah, this is more expectant.

10:24 RTH: And so is this, I'm focused on my, *I'm expectantly focused on my back*?

10:31 Michael: Yes. I'm, I'm, I'm more specifically, I'm ex, I'm, it's not my whole back. It's the spot where I've been feeling the tapping, which was on the up, my upper right, like behind my shoulder on my right side.

10:50 RTH: And so am I, bodily proprioceptively or whatever, focused on that spot? Is that, is that what we're saying here?

11:06 Michael: *Focus* feels too strong, almost. I mean. What I'm, what I'm, what I'm focused on is that someone might, well, I, at this point, I know it's not someone, but I'll say it that way anyway, that someone might tap me on the back at any moment. Um,

11:22 RTH: And so I'm awaiting that. I'm, I'm awaiting,

11:24 Michael: Yeah.

11:25 RTH: I'm bodily awaiting a tap.

11:28 Michael: Yes.

11:29 RTH: And, and so what I'm trying to get at is, is, is this like a bod, mostly a *bodily* thing? I'm *bodily expectantly*.

11:37 Michael: No, I wouldn't say it's bodily. I don't know what the *bodily* feeling of *not* being tapped is [laughs]. Um, [laughs], um, this is more mental than it is physical.

11:57 RTH: So I'm, I'm,

11:59 Michael: And that, and that's probably why you wanted to use the word *monitoring*, 'cuz that's a mental activity. And, and so in that sense, I would say *yes* to *monitoring*, the

difference between, for me, about the reason I was, the reason I was pausing a little bit over that word is *not* because it wasn't mostly a, a, a mental activity rather than something I'm *doing* or *feeling* with my body, but because, it was, it, it was *monitoring* with the sense that, probably this is gonna happen soon. 'Cuz it had just happened three or four times in the space of two minutes.

12:47 RTH: So there's something cognitively involved with this monitoring, apparently,

12:55 Michael: Yes.

12:56 RTH: It's not just I am proprioceptively or tactile-ly, aimed at this spot. It's, I am expecting something bodily, or tactile-ly, or proprioceptively, or whatever that word would be to happen *there*.

13:15 Michael: Yes.

13:17 RTH: And that, and that some, seems like some kind of mental, mental processing of what has happened in the past. So I'm awaiting it's happening again.

13:26 Michael: Yes. I,

13:29 RTH: And is, is there an analytic process about whether this is real or not? Or is that just...

13:33 Michael: I had already determined that it wasn't. The first time it happened I, didn't even, I didn't think one way or the other I just turned around. And there was no one behind me. And so then I realized that that was, that there was no one tapping me on the back. But the first time it happened without thinking any thoughts about real or unreal, I just turned around in the way that one naturally would if you thought someone was trying to get your attention by tapping you on the back. [RTH: Okay.] So to whatever extent I was thinking anything, which wasn't very much, if any, I would've been thinking (the first time it happened, I mean), *someone's trying to get my attention*. By the time, by the, by the time of the beep, I knew that wasn't the case. 'cuz I had turned around and there was no one there. And, but I had already felt, I already felt the tap two or three more times. Uh, I was ignoring it, I mean ignoring it in the sense of not reacting to it. After the first one.

14:34 RTH: And is this *one* tap [mimes with his pointer finger making one tap against his other palm] that I'm expecting?

14:36 Michael: No, it's more like, uh, I, I couldn't say the number, but it's more like *tap, tap, tap*, you know, like, like you, li, same as you do,

14:43 RTH: Like if I was trying to, I was trying to get your attention. I would be like,

14:45 Michael: Yeah, exactly. It wasn't just one tap, it was a few taps. [RTH: Okay.] If I had to guess, I'd say three. But I'm basing that on my current, [RTH: Right.] what I'm doing with my finger [RTH: Right.] right now, rather than on memory.

14:55 RTH: But some repetitively, like getting your attention [Michael: Yes.] tapping.

15:01 Michael: Yes.

15:02 RTH: Okay. And I'm good for that portion.

15:06 AB: Yeah. I'm good too.

15:10 RTH: And then, I am feeling hungry in the pit of my stomach. [Michael: Yes.] And that's present to me. That's not just a, something that...

15:22 Michael: No, an, an, an, and in fact, it was, um, although I would say it wasn't the most present thing, um, it, it might have disappeared for a little while while I was standing there but then in the moment of realizing that I was not gonna get any food right now, I think that, I think that's what prompted me to be a, re-aware,

15:41 RTH: Hungrier, hungrier than before? [Michael: Yes.] Got it. My, my morning has been very much like what you're describing. [laughs]

15:48 Michael: [laughs], uh oh, I'm sorry. [laughs]

15:49 RTH: With a few exceptions, but pretty much like that. And, and then I'm, I'm seeing, the counter. And, and you've described what, what's on the counter is a bunch of stuff that would've been ordered remotely or something like that?

16:07 Michael: I mean, I, yeah, I assume it was ordered remotely. But I,

16:08 RTH: And is that part of the moment of the beep that I see all these, the, that my experience at that moment is seeing all these remotely things (whether or not they're really re, remotely ordered doesn't bother me)?

16:17 Michael: Uh, no. I had seen them a moment before. I was still scanning the room, but I don't think my eyes at the moment of the beep, I don't think my eyes had rested on any particular thing in the room. I think it was more like, looking around at the room.

16:31 RTH: So the counter with all the stuff on it was part of the scanning thing, not its own separate deal?

16:36 Michael: Yeah. And it, that had happened, maybe I wasn't clear about this, that, the, the, *me noticing* the, all that food was not at the moment of the beep. It was, you know, maybe a couple seconds before. And I had already stopped looking at the food and started kind of looking at the whole room. So it was almost more like the experience of scanning rather than the, any particular visual experience. Like my eyes hadn't rested my, at the moment of the beep my eyes were not resting on any particular thing. It was more like they were in the, in scanning mode, looking over the whole room. I don't know what I was looking for. I was looking for *danger*, but I don't know what that means.

- 17:24 RTH: And at, is that in the moment of the beep, I'm looking for danger or is that,
- 17:27 Michael: Yeah, yeah, yeah. That I'm still doing the visual scanning thing at the moment of the beep.
- 17:32 RTH: And so that is a, vigilant in the, in the sense of checking for danger.
- 17:40 Michael: Yeah. I mean, I wasn't explicitly like thinking to myself, *Oh, this place is dangerous. I'd better look out.* But that's the sense of, that's the kind of scanning that was happening. It wasn't casual. It was more, it, it *felt like* looking for danger, even though I wasn't actually thinking to myself *there's danger here.*
- 17:59 RTH: Kay. Then I think I'm good.
- 18:08 AB: I have a question about the scanning. Um, was there any experience of, um, either, like the speed of the scanning? Or, um, the direction of the scanning? Or, um, the scope of the scanning?
- 18:30 Michael: Yeah, the, the, the, the, it was,... It, it was, motion for sure. I mean motion in the sense that my eyes were moving around the room. Excuse me. Um, it wasn't fast, but I wasn't pausing on any particular thing. So it was fast enough that I wasn't really taking in any particular thing, par, so much. And I was, I was scanning to my, to my *right* because to my, I was in the left side of the co, there was nothing on the left to scan for. So I was scanning to my right, 'cuz that's where the whole, the whole coffee shop was to my right.
- 19:14 AB: So scanning to your right, um, s, scanning to your right, as in only to the right field of vision rather than to the left, but continuously moving rather than...
- 19:31 Michael: Yeah, I would say like from center and over [AB: Uh-Huh.], I, I was kind of just, I, I mean I was naturally faced that way anyway 'cuz that's the direction of everything. [AB: Mm-hmm.] And I was just kind of, you know, looking around the room for something. I don't know what I was looking for, but.
- 19:31 Russ comments: AB's 18:08 question was about the *experience* of scanning, but the conversation has become about the *physics* of scanning. I mention this as an example of the insidious persistence of the natural attitude and the relentless necessity of bracketing it. That Michael was looking to his right at the moment of the beep is a fact of the natural world; whether the *to-the-rightness* was part of his experience at the moment of the beep is a very different thing. RTH will try in the next turn to bring the focus back to the experiential rather than the natural world.
- 19:49 RTH: So is it more like *scanning to my right* or more like *scanning the room* and the room [Michael: It's, no] happens to be on my right,
- 19:54 Michael: Yeah, the, it's, it's, I'm scanning the room and the room happens to be on my right. I wasn't thinking about the directionality of it. There was a directionality, but it was really just the fact that I was trying to take in the room.

20:06 RTH: Experientially, it's about the room, not the direction?

20:09 Michael: That's correct. [RTH: Okay.]

20:09 Russ comments: Notice that Michael (as is usual in DES) confidently distinguishes between the experiential world (scanning the *room*) and the natural world (scanning *to the right*) when called to do so. It is not that the two worlds are confusing; it is that in the natural attitude they are not customarily differentiated.

20:16 AB: I'm good with that then.

20:17 RTH: Number 2 or 6 or 5, I guess!

Sample 11.5 discussion starts here (working backwards across today's samples)

20:19 Michael: 5. Um, okay. So I was, um, sitting in the aforementioned Chris Tollefsen's office, um, in his black chair. I was, at the moment, we, we had been talking about the fact that I'm gonna be going to Cambridge, um, in the summer. Um, actually Agnes will be going to Cambridge with me in the summer, I hope. [laughs] [AB: Yes!] [RTH: Cool.] And, um, and, um, I had just, I, at, at, at the moment of the beep, I was, I was, um, I had just been talking about, um.... I, very briefly, 'cuz Chris knows this whole story, so I, I was really just calling it to mind or really letting him know that I was thinking about it more than anything. Um, about Fulbourn hospital, which is just outside of Cambridge, where I unfortunately have spent some time. And, at the moment, so I had just got done mentioning that, and it got, got done saying, *I think I'm gonna go visit*. I was pulling my le, so that's all prior to the beep.

21:35 I was pulling my left leg up under me and I was aware of the back of my shoe, kind of rubbing on the front of his chair as I was pulling. I was pulling my left leg up underneath me so that I could kind of fold it underneath my right leg, and sit kind of half cross-legged, if you like. So my left leg, so as, as if I was gonna sit cross-legged, but with only my left leg crossed my right leg still, you know, in normal sitting position. Um, so I was in, I was in the middle of pulling my left leg up and I was aware of my, the back of my shoe hitting the front of his chair because I, I, I, I didn't really have this thought, but I was just, as it was hitting it, I was kind of also pulling it away so I wouldn't be dragging my shoe on his chair. So that was going on. And at the same time I was saying, um, "Misty will be there." (Misty is my wife.) And I, and so [clears throat] I had just said, "I think I'm gonna go visit." [coughs]

22:41 And he had, I don't remember if he said something or if he just gave a look. Um, but he, I understood him to be saying something like, um, *That might be difficult for you*, or something like that. He didn't, I don't think he said those words. He might've said something, or he might've just made a sound, or he may have just been his facial expression. But I was reacting to what I thought his reaction was, which is something along the lines of *That's gonna be difficult*. And I said, "Misty will be there." And I, the beep happened. I was pulling my leg up and I was saying, "Misty will be there." So the, the things that were actually in my experience were, saying the words "Misty will be there," and feeling the back of my foot, the, the heel of my

shoe, drag a little bit on his chair and kind of being aware of pushing my heel away a little bit while I lifted it up so that I wouldn't be dragging it on his chair.

23:47 AB: So, so there are then, like these two components of your experience is, is that correct? Um, [Michael: Yes.] The "Misty will be there" and the, um, shoe back of chair, part.

24:03 Michael: Yep.

24:03 AB: And everything else that you said is kind of by way of background for us to understand?

24:08 Michael: Yeah, I mean, I think I was also aware of the fact, I, I was also aware of the, not the *fact*, but the, the *sensation* of pulling my leg up. So I was using my left arm to pull my left leg up into the chair so I could sit on top of my left leg.

24:24 AB: And so was that distinct from or part of the shoe part...?

24:31 Michael: Yeah, they're con they're connected because the way I, the way I, the way I was able to get my shoe not dragging on his chair, which with my arm, I kind of used my arm to pull my foot a little further away from the chair so that as I was pulling it up, I wasn't dragging it.

24:51 AB: So I don't feel like I understand the, um, the whole thing with [laughs] the chair and the legs. Like,

24:58 Michael: Okay, all right, let me, lemme try, lemme try again.

25:01 AB: And I, Russ, you can stop me here. Cuz like, I mean, I don't know to what, this is one of those things where, um, I mean I can't quite picture it and I don't know if that matters... [inaudible]

25:01 Russ comments: That is always a difficult question, and that AB is asking it is a good sign. The DES aim is to get to Michael's *experience*, period, and every question should be screened/filtered/analyzed/considered/whatever from the perspective of whether it is likely to lead more toward experience or more toward something else (often something in the natural attitude). But it is true that at least to some degree you have to understand what is occurring in the natural world to be able to understand the experiential world.

Michael's initial response to this question is to go directly to the natural world, which is worrisome, but whether that is a necessary background will have to be seen.

I think there is no perfect path to experience; there is turn₁ aimed imperfectly at experience; then there is response₂; then there is the opportunity for another turn₃ that takes into account whether response₂ headed toward or away from experience, and so on. The object is to herd those cats in the overall direction of experience.

25:10 Michael: I, I, I've been doing it, but of course you can't [AB: ...with respect to Michael's experience.] You can't see [laughs]. So Matt, [AB: Laughs] so wait a minute, let me see. Maybe we can, maybe we can do this. Let's try. [adjusts camera to show legs]

25:22 AB: [laughs]

25:23 Michael: Okay. There, there's my, you see my legs now?

25:26 AB: Your knees.

25:27 Michael: I see. Yeah. Yeah, my knees. Okay. So I had reached down with my arm

25:31 AB: Uh huh,

25:31 Michael: And I had grabbed my leg [AB: Uh huh,] and I was pull, pulling this leg up

25:35 AB: Okay.

25:36 Michael: So that I could put this leg on top of it and sit like this.

25:38 AB: Oh, okay.

25:40 Michael: And I was right about *here*.

25:41 AB: Okay.

25:42 Michael: And I was feeling the back of my shoe, this very shoe!

25:46 AB: Okay.

25:47 Michael: Was rubbing against his chair. [AB: Ah.] And I was using my arm to push my shoe further [AB: Laughs] away and lift it up clear of his chair and sit.

25:56 AB: Okay.

25:57 Michael: Is that better?

25:59 AB: I mean, that helps me [Michael: Laughs] to understand what you were doing, but the real question is, do we understand your experience?!?

25:59 Russ comments: The risk of such a demonstration is that now there are *two* leg-crossings involved—the one at the moment of the beep and the one here during the interview. To the extent that the two crossings are experientially similar, the interview-crossing may provide some details of the at-the-beep crossing experience that were forgotten or overlooked by the apprehension/interview process. (That is, I think, the principle behind microphenomenology.) However, to the extent that the two crossings are experientially *different*, then the interview crossing, because it is

immediately present and therefore likely much more vivid, may obliterate some details of the at-the-beep crossing experience.

The DES philosophy is that neither Michael nor anyone else is in a position to be reliably able to evaluate the extent to which the two crossings are similar or different, and there is good reason to believe that they are different: the beeped leg-crossing was a small part of an overall situation that was aimed *away* from the crossing-experience itself—aimed at Michael’s experience was in Cambridge, aimed at a 25-years-ago event, aimed at *Chris’s* reaction rather than *Michael’s* experience, aimed at Missy’s supportiveness. By diametric contrast, Michael’s experience in the interview was aimed *directly, focusedly, center-of-the-target-ly* toward the Michael-now leg-crossing. There is reason to believe that the beeped and the interview leg crossings are experientially very different. The DES strategy is to work at amplifying the at-the-moment-of-the-beep experiential apprehension and at attenuating the during-the-interview experiencing. (That makes DES, logically speaking, more-or-less the opposite of microphenomenology.)

Here, in this interview, we have turned way up the volume (metaphorically speaking) on the during-the-interview experience. Was that necessary? Perhaps. Does it pollute (or at least possibly pollute) the upcoming description of the at-the-moment-of-the-beep experience? Probably.

26:05 Michael: Right. Well, and, and so what I was, so what of that was I actually experiencing? [AB: Mm-hmm.] I was experiencing the feeling of my foot dragging on his chair. I felt, I felt the fact that, I mean, I didn’t, I, it was my, my shoe, not my foot. Of course it was hitting it, but I could sense through my shoe, I guess that I was, my shoe was the heel of my shoe was hitting his chair. And at the moment the beep went off. I had just kind of had that feeling and I was pushing my shoe further away from the chair and continuing to lift it up so that it would be cleanly, it would clear the edge of his chair cleanly. So I was feeling, I had just felt, or maybe was just feeling, hard to know exactly the, the heel hitting the chair. And I was, and I was aware of the force in my arm pushing outward on my leg so that it would, and, and with the intention of not hitting the chair with my foot.

27:07 AB: Okay. So,

27:11 Michael: So intentional pushing of arm [AB: Mm-hmm.] away from chair.

27:19 AB: So this is, uh, an experience, um, in your arm? Like this is this, am I right that this is like a bodily experience?

27:30 Michael: Yes. So there’s two, there’s two points of experience. [AB: Mm-hmm.] One is in my arm. I’m aware of my arm pushing the foot away, and I’m aware of the, that the foot either is just now or it just has, touched the chair.

27:46 AB: So it’s in your arm and then also your foot.

27:50 Michael: Yes, correct.

27:51 AB: Um, does that capture everything? Or is there more to the experience than just arm and foot?

28:00 Michael: I, uh, those were the things when I, so when the beep went off, I thought about it. And those are the only things I think that I was really aware of in the moment. Obviously other things were happening. So, you know, I, I *could have been* feeling other things like the stretching in my leg, as I lifted or whatever. But I wasn't, I wasn't inclined to think at the moment that I was really aware of those things the things that I think I was really aware of were just the feeling in my arm and the feeling in my foot.

28:30 AB: What about, um, the, what you described as the intentionality. Um, how did you, [Michael: So,] how if at all did you,

28:30 Russ comments: Note that AB has nounified "intentionality," referring to what Michael had used as an adjective (27:11: the *intentional* pushing). That is, to my ear, a risky move, common in philosophy. See the discussion in Michael's interview 9 at 39:22 and 39:38.)

Agnes comments: For what it's worth, my use of "intentionality" here was meant as shorthand for the "intentional" in "intentional pushing."

28:42 Michael: So this is, this is again, one of these cases where I was, we, we got into trouble last time we talked about this. So I think I, and I can't remember what language we finally used to try to clear things up, but I'll, so I'll, I may be about to recreate some problem that we already solved.

28:57 AB: "Agentially."

28:58 Michael: "Agentially." I was agentially lifting my leg. Yes. That's what we said.[AB: Uh-huh.] So I wasn't there, there was no meta consideration about, *hey, it's me who's doing this* or anything like that. But it wasn't like someone else was doing it to me, [laughs] right? So I, I, I was like fully immersed in being the agent who was lifting the leg. It wasn't like you're at the doctor's office and the nurse lifts your legs to put it in some position or something like that. I was fully in control.

28:58 Russ comments: RE "I was like fully immersed in being the agent who was lifting the leg."

This is, I think, the consequence of AB's nounification at 28:30. There is no agent, and there is no experience of being the agent. Even though Michael is very intelligent and articulate, the natural-attitude pressure to create a thing is great. The good news is that AB does not continue down this path.

29:31 AB: I'm good with that component of the experience.

29:34 RTH: So I have a question about, we have sometimes referred to this as I'm, I'm aware of my *foot* and sometimes aware of my *shoe* and sometimes aware of my *heel*. Are those...?

29:45 Michael: Right. So the, so I think the, the one way I put it that's probably most accurate is, "I am aware of the heel of the shoe through my foot." So what I'm feeling, I, I, what I'm feeling bodily is my, is the shoe pressing against my heel. But what that makes me aware of is the fact that the heel of my shoe is touching his chair. So it's a, it's a feeling in my heel, but it's a feeling of, it's a feeling in my, here's, here's the way to put it. I think you'll like this, Russ. It's a feeling in my heel of my shoe hitting his chair.

30:27 RTH: So the, the, experiential focus is on my heel.

30:32 Michael: Yes. But it has a meaning. [RTH: But the,] and the mea,

30:34 RTH: The significance of that or the [Michael: Yes.] Is that, that's right. Is that my heel is rubbing on his chair?

30:41 Michael: Yes. The heel of my shoe. Yeah.

30:44 RTH: But I don't, but I don't, it's not like my experience is directly aimed at the heel. It's direct, my experience is directly aimed at my foot.

30:55 Michael: Right. Okay. So I just realized one possible confusion. So when I was saying heel by itself, I meant the heel of my foot. And when I was meant to say the heel of my shoe, I think I was just saying heel of the shoe. So

31:08 RTH: Uh-huh, so I was confused about that. [Michael: So I, so I was,] I was thinking it was the other way around.

31:08 Russ comments: This interchange can give some insight into the DES process. Certainly, Michael has no proprioceptors in the heel of his shoe, so all sensation has to originate in the heel of his foot or elsewhere in his body. That is a natural-attitude statement. But experientially, it is quite possible for the locus of the experience to be in the heel of his shoe.

However, the waters here are quite muddy. I don't think Michael has been as consistent in his use of "heel" as he reports here; the whole discussion involves a confounding of what happened at the beep and what happened in the recreation during the interview; and the difficult of distinguishing between the experiential and the natural attitude. I don't think it is possible for us to sort those out, and I would not believe anyone (including Michael or RTH) who claims to figure it out. However, we *can* have an iterative conversation where we can adumbrate the discriminations that need to be made and practice trying to make and talk about the required distinctions.

So the observer of these conversations should recognize that RTH's aim is not to answer the questions, but to try to get into a position so that if similar questions arise *in the future*, we can more efficiently, less distractedly aim at the experience at the moment of that beep.

31:11 Michael: Okay. So I, I was, it was an experience in my heel (that is to say that part of my foot) [RTH: Mm-hmm.] of the heel of my shoe hitting the chair. So that I, I felt it in my heel, but the significance of it was my shoe is hitting his chair.

31:28 RTH: Okay. So I think it would be possible to be, be noticing the scraping of my shoe heel [Michael: Right.] on the chair. And that's not what was happening here.

31:40 Michael: Yeah I don't think that's, yeah, I don't think that's right to, uh, a correct description. I mean, I realize that we're making a very fine distinction here, but I think the correct description is I was feeling it in my heel. And what that *meant* to me was my, my shoe is hitting the chair.

31:54 RTH: Okay, okay, then I'm good about that.

31:58 AB: So then, um, so you mentioned that, um, you were saying "Misty will be there." [Michael: Yeah.] And that, that was in response to some indication from Chris, um, that, that would be, that this might be difficult for you. [Michael: Right.] Um, I take it that indication from Chris is just part of background and not...?

32:26 Michael: That's part of background. And I honestly don't remember whether he said something or he just gave me a look, [AB: Mh-hmm.] or maybe he made a grunt of some kind like *Hmm*. Or something, I don't know. [AB: Mm-hmm, mm-hmm.] But there was, I had gotten some sense from him that he was indicating some concern.

32:49 AB: And, and did that in any way. So "Misty will be there." Um, you said that?

32:58 Michael: I said that. Yeah.

32:59 AB: And did you say it out loud? [Michael: Yes.] Okay. Mm-hmm.

33:09 Michael: I wa, I mean, I was basically trying to explain to him why I thought this would be fine.

33:15 RTH: So I'm reassuringly saying this?

33:22 Michael: I don't know if *reassuring* is the right word. I mean, this maybe this doesn't reflect so well on me, but I think, I think it was more like, defensive [laughs] than reassuring. I wasn't really, I mean, if I had, maybe if I was a better friend, it would be reassuring like, *Oh, Chris, don't feel bad*. But I think I was really saying, *No! I, I can do this* [laughs].

33:50 RTH: So was, was, was this aimed at the, what I, at the relationship between you and Chris, aimed at, aimed at that juncture? Rather than aimed at Michael? Well, I can do this, Misty'll be there. So is this all about Michael or is this about, about Michael in the context of Chris?

34:13 Michael: I think it's both. I mean, he, he was not wrong to be concerned. Um, I had just got done telling him, something, which he probably already knew, which was at the last

time I was in Cambridge, was in 1998. And it didn't go well. And not long after that, I said that I was gonna go visit and visit Fulbourn. And that's when he either said or did something to indicate, I mean, it was the obvious thing to do [laughs] after I just got done saying the last time I was in Cambridge was pretty bad. He, he, you know, it was obvious thing to say or do or whatever after that would be like, *Well, are you sure you wanted to try again?* He didn't say those words, he may have said something else, I don't remember. And so I think I was, I think it was a reassurance to both of us. I don't think it was, it was fully aimed at myself, nor was it fully aimed at him. It was just a reassurance to both of us that it's gonna be different this time.

35:20 AB: And was there, um, with between the "Misty will be there" and then the heel, foot, arm thing. Was there were, was any of those more prominent than the other?

35:38 Michael: I, I don't think so. I think that, I think if I hadn't hit my foot on his, chair, that would've been very un-prominent to me. But I think the fact that that happened kind of raised the level of awareness of that part of the activity more than it otherwise would have. Otherwise, I maybe wouldn't have even noticed that I was doing that to my leg. I'm not sure. But, so, it was more, I mean, in, in some sense the, what I was saying was far more important, but I think in my experience, they were kind of equally present because, because of the fact that at that moment I had hit my sh, shoe on the chair or just had just a moment before, had. So I'm gonna go equal. I know that a lot, a lot of that was explanatory. And Russ, I hope you closed your ears for that part, but, um, but I, I think that the truth is that they're about equally present, despite the fact that one of them seems much more important than the other.

35:38 Russ comments: RE "equally present"

See the comment at 25:59. I think it is not possible to know the extent to which the focus on the experience during the interview has skewed this estimate of the degree of presence of the foot-moving experience. That does not mean that Michael is mistaken here; it means that Russ will be skeptical about what Michael has said, where *skeptical* is meant in the *withholding judgment* sense, not in the *I don't believe you* sense that is common in everyday parlance.

36:38 RTH: So I have absolutely nothing against explanatory. [Michael: Okay.] As long as we all know the difference, [Michael: Okay.] as long as we all know the difference between what is explanatory and what's experiential, [Michael: Right.] we can then that's up to you is, how much explanatory...

36:50 Michael: Okay. Well, I, I, I, for some reason, I felt the need to explain that because it sounds weird that one of those things would be more present than the other. But, um, they were about equally present.

36:59 RTH: Fine, fine with me.

37:02 AB: I'm good with that, then.

37:04 RTH: Number 4, then.

Sample 11.4 discussion starts here

- 37:05 Michael: Number 4. I was in my office, um, and I was, um, hearing the HVAC rattling in my office, um, which is, this is a constant struggle to unhear that. And I hadn't yet won that struggle today. Um, and I was, I, I had been grading papers, but I had paused, and I was thinking about telling Chris (Chris is in the office next to mine, and he, he had not yet arrived) and I, but I was thinking about telling him some news about a mutual friend um, who's moving to the University of Virginia. And I was thinking the words "They're moving to UVA," but I was thinking them, I was thinking those words as if I were saying them to, to Chris. So I was almost kind of rehearsing what I was gonna say to him. "They're moving to UVA." I, the, I did not say it out loud. I am quite confident about that. And um, but I did say it kind of in the normal cadence of speech, they came in that order. They came at the kind of speed of speech, but they were just thought internally, "They're moving to UVA." Um, I did not hear the words. It was more like I was speaking them, but only, but, there was no actual speaking.
- 38:44 So you could say I was imagining? I don't know, we've already established, I don't really get imagination, but maybe I was imagining saying them? I'm uncomfortable saying that, 'cuz I'm uncomfortable, I don't, that I, I've don't feel like I understand what imagination is, but I was definitely experiencing the words as spoken, not as heard. And they were, it was internal speech.
- 39:09 So that was it. I was hearing the HVAC rattling, and I was kind of rehearsing the words "They're moving to UVA." There was more to what I was imagining myself saying to him. But at the moment of the beep, I was saying the words, "They're moving to UVA."
- 39:29 RTH: So I've heard several different versions and I, I would like to see whether we can tease them apart. One version is,
- 39:34 Michael: Yeah. So I'm not sure which one's true, but we'll try!
- 39:37 RTH: And, and I'm not sure that, I'm not sure we're gonna be able to do this. And, and that in itself is interesting to me. So I don't, I certainly don't want us to, to pretend that we're doing it when we're not. So the, I *hear* the words as spoken,
- 39:52 Michael: I don't hear them at all.
- 39:52 RTH: I take it back! That's not what I meant to say! I *experienced* the words as spoken by me.
- 39:57 Michael: Right.
- 39:59 RTH: It seems like a different thing than saying *I am speaking these words, but not aloud*.
- 40:09 Michael: I see. Okay. That I didn't appreciate that distinction before. Um, it's the latter.
- 40:18 RTH: So I am speak, I, my experience is of speaking these words.

40:22 Michael: My experiences of speaking these words, but not out loud. I was explicitly not saying them out loud.

40:28 RTH: Okay. And the difference there, because it's not about the words for me, but, but the difference that I'm trying to get at is, "I'm speaking" makes it seem like an action that I would produce, I could produce, *I feel myself to be producing*. That's what I guess I wanted to say! *I feel myself to be producing in the manner of speaking these words*. Even though they're not coming out of my mouth and not making any error, molecules, vibrator, whatever. [Michael: Right.] "I experienced these words as spoken by me" doesn't have the notion of, I am doing the producing of it. I am somehow.

41:09 Michael: Right. And, and that's what I understood when you made that distinction. [RTH: Mm-hmm.] That's the distinction I was understanding you to be making, which I hadn't made to myself prior. But I'm confident in saying that it was the latter, not the former.

41:09 Russ comments: RE "That's the distinction ... *which I hadn't made to myself prior.*"
This is Michael's 11th sampling day, and inner words have been important all along, and yet we are still making important (fundamental, even) distinctions about the experience of words. That is *not* an idiosyncratic failure of Michael. It is a characteristic of the attempt to describe experience with fidelity—it takes iterative practice, trying to make distinctions in one situation, and then in a different situation, and then in yet a different situation, and so on, each time returning to first principles to determine whether some taken-for-granted understanding needs to be revisited or revised.

41:21 RTH: So I *am speaking*.

41:23 Michael: Right.

41:25 RTH: Whether we call this *in my imagination* or not, I don't, I don't actually like that terminology myself. The [Michael: Okay, good!] I prefer, I prefer innerly speaking.

41:33 Michael: Okay.

41:34 RTH: And by *innerly*, what I mean is no molecules vibrating, no muscles, no muscles moving, or, or if they're moving, that's not this, that's not the center of my experience. [Michael: Right.] If there's some secondary muscle movement, and—

41:47 Michael: There might have been some secondary muscle movement, but I was not aware of that.

41:50 RTH: Yeah, that's, that's not the deal. But the, but the deal is, I, *I understand myself to be speaking these words* even though they're not coming out.

42:00 Michael: Yeah.

42:01 RTH: That's what I, that's what I call *innerly speaking*.

42:03 Michael: Okay. I was innerly speaking the words "They're moving to UVA."

42:08 RTH: Okay. And is your, does your speaking seem to be aimed at Chris? This is—

42:17 Michael: Yes.

42:20 RTH: So I am innerly saying to Chris who's not there, and there's no words coming out. But my experience is, I was saying to Chris, "they're moving at UVA."

42:30 Michael: That's correct.

42:32 RTH: And is there any particular inflection about that, "they're moving to UVA? Like, why would they do that?" Or just [Michael: No]

42:38 Michael: Much more, much more matter of fact than that. [RTH: Okay.] Um, yeah, much more matter of fact than that. [RTH: Okay.] I mean, it's interesting news. It wasn't bo— I wasn't saying it as if it were boring or something like that. But I wasn't saying it as if, *why would they be doing thatQ!Q* or something like that.

42:58 RTH: Okay. As an interesting, I'm speaking it as an interesting fact, but not as a [pauses] groundbreaking—

43:04 Michael: Not as a surprising fact. Yeah. Yeah.

43:10 RTH: Then I'm happy with that portion.

43:13 AB: Me too.

43:15 RTH: And then the other portion is that I'm hearing the air conditioner.

43:20 Michael: Well, I hope it was the heat this morning, but I was, I was hearing— you never know in our building, it could have been either one, but [laughs] it should have been the heat, um...

43:29 RTH: [they laughs]. But I'm, I'm hearing the rat, the rattling that's up there. Is that?

43:33 Michael: Yeah. Yeah.

43:37 RTH: And there was some talk about, *I struggle to turn it down. I hadn't been successful*. Is that context or is that [laughs] experience? I'm trying to turn it down, but I can't do it.

43:48 Michael: Um, I, I wasn't, I, I, I would say that I was, I was mildly annoyed by the rattling, which I usually am. And I was at this point, but I wasn't focused on that. I was really focused on the, what I was gonna say to Chris when he got in. So I wasn't, I, I mean,

I was mildly annoyed by it, but I think maybe I, maybe accused is a good way to describe it: The annoyance had been pushed to the background at this point. I wasn't, like, actively stewing about the noise, but I was still aware of the noise. And I think that's the first step to stopping hearing the noise, is to make yourself stop being annoyed by it. [laughs]. I mean, I've learned not that much about myself, that if I'm annoyed by something, I'm just gonna keep paying attention to it. So I think I had successfully stopped being annoyed by it, but I hadn't quite yet unheard it.

44:50 RTH: So at the moment of the beep, there is an auditory phenomenon. I am *hearing*. And it's not so much an annoyance thing, and it's not so much an intentionally turning down the dials on it or whatever, even though I'm probably doing that.

45:04 Michael: Right. It's, it's more like....Yeah. I, I, I would, I just thought of this phrase, I didn't write it down, but I think it's probably a good phrase. I was hearing it no longer with annoyance, but with resignation.

45:20 RTH: And is that experientially present? Or is, am I just hearing it? Am I res— resignedly hearing it, or?

45:28 Michael: Just I, yeah, I think that's a fair description. I mean, I wouldn't say that was particularly prominent, and I certainly wasn't *thinking about* the fact that I'm resigned to it. In fact, if I think if I had thought about it, I would've come, become re-annoyed by it. [laughs] Um, but I, but I, but I think that *resigned* is a... probably captures the manner of hearing pretty well.

45:53 RTH: So it's not merely hearing, it's hearing with some understanding of,

46:02 Michael: I'm accepting this [RTH: it's unsuccessful], I'm accepting this now, rather than being annoyed by it.

46:10 RTH: Okay. And if you had to divide—well, is it, is it reasonable to divide your experience up in terms of what you're saying, innerly saying, and what you are hearing?

46:18 Michael: Yeah. It's like 80—20 for the, the innerly saying was, was what I was really focused on.

46:25 RTH: Okay. Then I think I'm good about that.

46:29 AB: Me too.

46:31 RTH: Number th3ree.

[Sample 11.3 discussion starts here](#)

46:33 Michael: Okay. Uh, I was grading papers, um... And [pauses] I was, um, so two, there were two separate things happening. One is I was itching my eye. I still have some residual issues with the allergy stuff I had, problems I had last week, so my eyes are still kinda itchy. And so I was feeling, I was itching my, my eye, my left eye with my

left finger. And I was feeling both the *itchiness* of the eye and the *rubbing* of the eye with my finger.

47:19 And I was also, at the same time, I was, um, looking—so background, I had just graded a student's problem. And I wasn't sure whether I should take off a half a point or a point for the, an error that the student made. But I remembered— this is all background now— I remembered that a previous student had made the same error, and so I had flipped back to that previous paper to see what it, what did I do in that case.

47:51 And I had just found it. And I was seeing the red “-1/2” that I had written on that paper. So I was seeing my own handwritten “-1/2” in red. And the redness was significant, cuz that's kinda what made it stand out from all the students writing. Um, so I was aware of its redness. Um, I wasn't contemplating its redness, but I, but the redness was part of the experience, so I was seeing the red “-1/2”. Uh, and I was seeing it with the intention of doing the same thing on the student's paper that I was grading right at the moment. And I was itching my eye feeling both the itchiness of the eye and the rubbing of my finger on the eye, but I wasn't feeling—it was all the feeling was in my eye. My finger was irrelevant. I mean, I knew that I, of course I knew that I was doing it with my finger, but, but there was all the feeling, all the experiential feeling was in the eye. But I was feeling those two things in the eye, the itchiness and the rubbing.

48:59 AB: Was there, um, any experience of a relative prominence of either of those two things?

49:05 Michael: I think the, the, the red “-1/2” was probably a slightly more prominent [AB: Mm-hmm.] But I, they were both pretty, they, they were independent and pretty close to equally prominent, I think. I wasn't particularly fascinated by the “-1/2.”

49:26 AB: [laughs] So with the itching of your eye experience, um, you're feeling the itchiness of your eye and the rubbing of your finger, and that's all experienced as a feeling in your eye, not the finger.

49:44 Michael: That's correct.

49:44 AB: Um, and is there, [pause] is there an experience of the itching on the one hand and the rubbing on the other hand? Or are those experiences connected?

50:09 Michael: Oh, they're definitely connected. Um, the, I, I think there's a, there's a kinda sense of expectancy that the rubbing is gonna erase the itching [laughs]. Um, that's the whole point of it, right? And that hadn't happened, yet I, I was feeling both of them, but I, but the, but the two sensations, the rubbing and the itching were very, very much connected with each other in the sense that one of them was *expected* to get rid of the other one [laughs].

50:40 AB: So there's like an expectation component to the experience? There isn't, there's an expectation of alleviating the itchy feeling that hasn't been manifested. It's, it's an expectation, expectant kinda rubbing. So there's itching—

50:40 Russ comments: Note the nounification of *expectation*. Nounification is always risky (see the comment at 28:30). The good news is that Michael doesn't take the bait.

Agnes comments: Again, I didn't intend my "nounification" to have any significance, as indicated in my alternative formulation "expectant rubbing." Also, Michael described his "sense of expectancy" above, so nounification doesn't see entirely unwarranted in any case.

50:59 Michael: Yeah. So I, I use the word expectant, and that's so not, and that's why you're using it. But I think actually purposeful might be better than expecting. It's not like I was, I think that what I, what I was experiencing was the purposeful rubbing of the eye, the purpose being to erase the itch. So it wasn't so much expectation. I mean, I guess purpose in the sense that to whatever extent you think your purpose is gonna be fulfilled. I guess there's some expectation attached to it. But purposefulness is maybe a better way to describe the nature of the rubbing rather than expectancy.

51:38 AB: Are you experiencing the purposefulness?

51:38 Russ comments: I would say that Michael's 50:59 turn is basically *let's not nounify*, but AB's response is to nounify again, now with a different noun. The urge to nounify is apparently powerful for AB.

Agnes comments: Again, Michael used both "purposeful" and "purposefulness" above. I don't interpret his comment as saying "let's not nounify," but he can correct me if I'm wrong!

51:41 Michael: I would say I'm doing it with purpose. Um, and I, I don't mean that as a statement about the world, though. I mean, so yes, I'm experience— in that sense. It's a, it's an experience of purposeful rubbing of one's eye for the sake of eliminating an itch, which one also feels, [AB: So...] which I just did right now! [laughs]

52:05 AB: So, but the full experience, including the purposefulness of the rubbing, is experienced only in your eye, not your arm, not the finger, not the contact. [Michael: That's, that's right.] It, it's,

52:05 Russ comments: At the risk of redundancy, but with the necessity of pointing out the ubiquitous power of the nounification urge, Michael used the adjective (51:41) "*purposeful* rubbing" which AB nounified to "*purposefulness* of the rubbing." It is a risky strategy, because Michael's expression is aimed at the rubbing, whereas AB's restatement is aimed at the purposefulness. Michael says "Go West" but AB restates "Go East."

Agnes comments: This seems a bit strong. Michael replies, "Yeah, that's right." And my sense was that we were understanding one another well in this exchange – though again, Michael can correct me if I'm wrong.

Russ comments: We are apparently zeroing in on an important issue, because I have trouble with all four of Agnes's comments in this round. Good!

Two of Agnes's comments (51:38 and 52:05) suggest that the issue is whether Agnes and Michael agree. Whether y'all agree is of little direct interest to me. What *is* of direct interest is whether y'all are apprehending/describing directly apprehended experience. As far as our effort is concerned, the worst-case scenario is that y'all agree that you are apprehending/describing directly apprehended experience when y'all are actually doing something else.

Two of Agnes's comments (28:30 and 50:40) suggest that the issue is not important, just a shorthand (28:30) or without any significance (50:40). I think the issue is hugely important. For example, I think modern consciousness science engages hardly at all with the DES-type effort to describe phenomena with fidelity. (I am not holding up DES as the ideal effort, just using it as an example of what consciousness science does *not do* much of.) Why not? Because the historical Michaels have said they were consciously rubbing their eyes, and folks have nounified the adverb and asked about this consciousness, without feeling it to be necessary to ask about the experience of rubbing. As a result, we have ended up with a *consciousness* science, but *not* an *experiential* science.

I think that consciousness science has not been remarkably productive, and that lack is due at least in part because it seems innocuous or insignificant to nounify in the early going. If science were to stick with the experienced phenomena long enough actually to understand them, then (and only then) those phenomena might well be able to form the foundation of a productive consciousness science.

All this is another way of underlining the importance of bracketing the natural attitude. The natural attitude is concerned with things (nouns) and their relationships, and it is natural (seemingly innocuous or insignificant or downright virtuous) to import thing-y (noun-y) attitudes into experiential science. To bracket the natural attitude is (among other things) to resist the temptation to thingify / nounify experience. It is not easy; the natural-attitude temptations are great. Easy or not, it is necessary in a bind-yourself-to-the-mast kind of way.

Agnes comments: Thanks for this, Russ. One final response to your comment. Isn't it at least an empirical question whether "nounifying" has any significance, i.e. that it is not understood as mere shorthand for the original framing (as Agnes intended)? To say that it does, it seems that we have to assume that the interpretation that Agnes suggests (nounifying as shorthand) is not understood in this way by Michael and that he instead imbues it with significance beyond what Agnes intended (i.e., Russ's interpretation). More generally, it seems that we assume that our words really matter — that every turn of phrase and word choice is taken fully on board by listeners, with no room for error or alternative interpretations, with no room for mutual understanding (perhaps informed by prior interactions, within and beyond the DES context). It seems as though speakers must be **very** precise with their word choices, because listeners are attentive to every nuance, and are readily led astray when one turn of phrase is selected rather than another. I'm not in a position to say one way or the other whether this is the case, but it seems to me that, at the very least, the significance of "nounifying" (or lack thereof) is not obvious.

Russ comments: What I really care about is whether Agnes cleaves to directly apprehended experience, which requires her to abjure anything having to do with the natural attitude. To the extent that Agnes does indeed so cleave, I don't care

much about what words she uses—she doesn't have to be precise or verbally careful. To the extent that she does so cleave, she can say what she will, and then in the next utterance clean up anything that offended her about her original utterance. (There is a matter of efficiency here—the cleaner she is in the first case, the less janitorial work she will have to do later—but that is a relatively minor issue for me.)

I'm no mind reader, so I don't (and never will) know the extent to which Agnes does cleave in the way I desire. To the extent that I want to help her acquire the cleaving skills, and to the extent that I think she wants such help, the best I can do (at my current state of the art) is to listen carefully to what she says, on the possibility that that might reveal something about her style of cleaving, and then comment thereon. And that is an iterative art (DES is iterative all the way down), of which these exchanges are part.

52:25 Michael: Yeah, that's right.

52:27 AB: All of that, including the purposefulness is in your eye? Or is it something,

52:35 Michael: Yeah, It's, yeah, so it's the, what's purposeful is the rubbing. And of course it's my finger that's doing it, but I, I was, I just wasn't feeling, I was, I wasn't focused at all on my finger. It could have been someone else's finger for all I know. [AB: Mm-hmm.] It was all the, all the, all the bodily experience was in the eye. In fact, not, once I said that, I realized how true it was. Like literally it could have been someone else's finger. And I don't think my experience would've been any different unless I turned around and saw them [laughs].

53:21 AB: So I'm good with that component.

53:25 RTH: So I don't think we've solved the important issues here. So is there, is there any experience of purposefulness? And I'm, and I'm noticing that that's the noun, which is gonna be problematic, I think. So it's,

53:40 Michael: Uh, yeah. I, I, I wanted to say, I don't know if I saw, I said it before, but I, I would wanna say that what I experienced was purposeful rubbing rather than experiencing *purposefulness*, which I don't know exactly what that experience would be like. I experienced purposeful rubbing.

54:07 RTH: And is that the same thing as saying what we said in beep 5 or whenever it was? Uh, "I experienced purposeful pushing of my foot away from the chair?"

54:17 Michael: Yes! That is the same thing. I mean the same thing in both cases.

54:23 RTH: So that we, we were sort of landed on *agentic* or something and, and that, [Michael: Right.] "I was agentially pushing my..."

54:32 Michael: I keep forgetting about that. Yeah.

54:34 RTH: So I'm agentially rubbing. But even in, in this situation, it is—

- 54:39 Michael: It's a little different. Yeah. Uh, it's a little different because in the, in the, in the foot-lifting case, I was experiencing, agentically, my arm doing... the, the agency part was in my arm, not in my foot. Whereas weirdly, I guess in this case, it was the rubbing itself that not the, the agency wasn't in my finger or my arm, it was *in the rubbing*. So, so in one... I struggle with this all the time. In the first case, the agent was *me*. I, I, I experienced agentically, I agentically me [laughs] lifting leg or pushing leg. In the second case, I experienced it as purposeful, but I wasn't necessarily the agent. I mean, I *was* the agent in the real world, but I, I don't think my experience would've been any different if someone had said, "here, let me get that for you," and rubbed my eye. I would also experience that as purposeful. They're rubbing my eye for the sake of alleviating an itch. But I wouldn't experience that as me being the agent.
- 56:13 AB: Would it be fair to characterize this not as agentic? I mean, from, from what you've described, it sounds like it's purposeful or goal oriented or something like that. But the, it doesn't sound to me like there's any experience of agency, or in, in any of the characterizations. Like, I mean, it doesn't sound agentic based on what you've just said to me.
- 56:39 Michael: So I, I, I muttered a moment ago under my breath that something to the effect that I struggle with this. Um [pauses] cuz I, I still wanna say that it's agentic [laughs], but without the agent having been identified. And if you wanna use the word *purposeful* for that, and you reserve *agentic* for "you have to be the agent, Michael," then that's fine. We can make that terminological choice.
- 57:22 RTH: So lemme see whether I can help us out here. So I feel my eye being rubbed and the, and the kind of rubbing that I feel is the rubbing that would be designed to alleviate an itch. And so we could call that *agentic* or *purposeful* or whatever, but it's rubbing,
- 57:45 Michael: It's rubbing with, with a goal in mind. It wasn't just a fortunate, y'know, *something happens to be rubbing my eye*. Oh, thank goodness that's helping out with the itch. It was, this rubbing is happening for a specific reason.
- 58:02 RTH: And that is somehow experienced in, in the feeling of the rubbing, I feel in my eye...
- 58:11 Michael: Yes. Definitely.
- 58:12 RTH: ...feel in my eye a rubbing aimed at my itch, basically.
- 58:17 Michael: Yes. Yes.
- 58:20 RTH: You're [Michael: Yes.] aimed at alleviating my itch.
- 58:23 Michael: I d— yes! That's correct.
- 58:27 RTH: Okay. But that doesn't mean that there's a separate experience of an aimer or an,

58:32 Michael: There is no experience of an aimer. There's an experience of it being *aimed*, but there's no experience of an aimer, me or anyone else. Which is what, what I've been trying to capture, probably not very well, by saying, *I don't think there would be any difference in my experience if it was me doing the rubbing or if it was somebody else doing the rubbing*, the actual experiential part of it would've been the same in both cases. Cuz in both cases, what I would experience is purposeful, goal-oriented eye rubbing.

58:32 Russ comments: I think we have spent 10 or more minutes of interview time trying to reduce the impact of nounification.

59:08 RTH: Assuming you had a skilled partner doing the rubbing.

59:11 Michael: Right.

59:16 RTH: So I'm good about that.

59:18 AB: I'm good about that, too. Um, then the, the second thing was, um, I think the, the red of the "-1/2" handwritten, and I think you mentioned that it was the redness that was prominent?

59:35 Michael: Well, I was just pointing out that the redness was salient, a salient part of the experience. Cuz it, that was part of what's helped me to identify that it's, that's, that's *my* writing on the student's paper rather than the student's writing. So I, I had previously, I'd already found it, but I had previously been scanning. And what I was scanning for was red, y'know, red numbers. Cuz I was trying to find *my* red number and the student didn't write in red, thank goodness. So, so, so the *redness was salient* is what I'm saying. It was, I wasn't just seeing a half, or seeing "-1/2". I was seeing a *red* "-1/2".

1:00:14 AB: And were you seeing, um, was your experience, does that exhaust your experience of red "-1/2" or,

1:00:21 Michael: Well, I guess I also experienced it as mine. [AB: Hmm.] Right. I mean, I experienced it as something that I had written. Um, and I experienced it as like, y'know, the thing that it was, it was the, it was the goal of my previous scanning. So I guess in whatever sense one experiences finding one's goal as *finding one's goal*, right? That, that's present as well.

1:00:46 AB: So there's a almost like, um, like the... The success of the previous scanning was part of your experience somehow?

1:00:59 Michael: Yeah, I, *success* would be fine. Um, it, as long as we don't take it too strongly. Like it's not like I was engaged in some difficult task that I *finally, I succeeded at this task!* But, but it was the, the, the completion of a, a task that I had set myself 20 seconds earlier.

1:01:28 AB: And so that completion was part of the experience?

1:01:32 Michael: Well, the fact that it was the completion, yeah. I experienced it as the completion. Yeah. I experienced it as the thing I, as the thing that I was seeking before. So it wasn't just a random "-1/2" that I was seeing, I was seeing the thing I had been looking for.

1:01:51 AB: So my red "-1/2" experienced as completing task I've set out for myself.

1:01:51 Russ comments: The difficulty being had here is the result of the nounification of *completion*. Here, AB unties that knot by de-nounifying *completion* to be the adjective *completing*. That takes the emphasis off the completion and puts it back on the task, which is where it belongs. Good!

1:02:00 Michael: Yeah, that's fine.

1:02:04 AB: Well, I'm good with that.

1:02:08 RTH: So I've got several different takes on what I think about the redness of this thing. So am I, is, is the redness... qua redness a deal? or is it the redness has just allowed me to find it?

1:02:34 Michael: It's not just that it allowed me to find it, it also is what marks it out as my writing rather than the student's writing.

1:02:44 RTH: So that would mean that the qua-ness of the red is not what it's about. It's about the significance of, of it rather than,

1:02:57 Michael: Yeah. I mean I was definitely seeing it as red, but I, but the, but the redness was significant to me because it signifies *my grading* rather than *students writing*. Rather than students answering.

1:03:10 RTH: Okay. But it's not like, it's not like I'm interested in the redness as redness, it's—

1:03:17 Michael: Oh no. If I, if I had graded in green, then, then, then everything we said about red would be saying, we'd be saying it about green instead.

1:03:31 RTH: Okay. Okay, then I think I'm good.

1:03:33 AB I'm good, too.

Conversation after sampling

1:03:35 RTH: Which brings us to 2:04 in my world, which means an hour and four minutes.

1:03:41 Michael: Okay. Well, like I said, we went backwards so we could get some, some stage time for five and six, which I guess we got.

1:03:50 RTH: Which, which we did do. [AB laughs] So should we, should we plan on what we're gonna do from here?

1:03:57 Michael: Sure!

1:03:59 RTH: So we talked last time about there was some irritation, might be a little bit too strong, but some, some sense that maybe we got, we're getting to the end of this [inaudible].

1:04:13 Michael: I guess I'm feeling that way. Uh, I, I obviously you can always get better at these things. I'm sure there's more to learn, whatever. But I'm, I'm starting to do sort, I'm starting to, for the first time I was starting to, like, wonder about cost-benefit analysis and wonder about have we hit a point where the, the, the diminishing returns are diminishing significantly. That and so on that got that kinda consideration. And,

1:04:41 RTH: And I've been thinking about that too. But, but I also had a sort of a contra thought to that in number 4, when, when there seemed to be some understanding of what *innerly speaking* means that was fairly new in that sample.

1:04:41 Russ comments: [See the comment at 41:09.](#)

1:04:59 Michael: I think I, I, I think we solidified something in that sample that, um, was maybe not so solid in an earlier one. But if you asked me which one, I have no idea.

1:05:12 RTH: That's, that was the impression I had as well. [Michael: Yeah.] So I'm, I'm, I'm happy to say we've done enough. I'm also happy to say, well, let's do another one.

1:05:26 Michael: I'm, I think I'm happy to say we've done enough. [laughs] Um, I, I could, I, I'm, I'm, I'm kinda 50/50, but I'm, I guess I'm feeling, I guess I, I guess if I had to go one way, that's the way I would go. Okay. If, if both of you were saying, *oh no, Michael, we, we feel like we have to do one more*, I wouldn't say, oh, never. I wouldn't refuse.

1:05:48 RTH: Well, let's have the second half of this conversation and then we can come back and maybe if we wanna revisit. [Michael: Okay.] We can always do this again. So there's, there's nothing if, if we say, *let's stop now*, there's nothing to stop us from tomorrow saying, well, let's do, let's do it again. [Michael: Of course.]

1:06:02 And, uh, so the second half of the conversation is, well, I guess there's several second halves of the conversation. One is, do we wanna have a sort of a *debriefing* conversation where we talk about what we've done? Or do we wanna say we've done that as, as we've gone along and, and that's fine? That's part of it. And the other part of it is what do we think, now that we've seen what these, these are, what the samples would be, and the samples would be. Should we, is it desirable to put these out in the world for other people to see?

1:06:37 AB: I'd be happy to have a debriefing conversation that includes that second thing, [laughs] uh, because I think, I mean, one thing I'd be curious about to hear more, I mean, I'd be happy to have the debriefing conversation just in general, but I'd also

be curious to hear from you, Russ, what *you think* we have done. Because of course, for Michael, and for me, we've not done this before. So this is our first experience of this. Whereas you've obviously done this a lot. And so I would be curious to hear what *you* think we've done.

1:07:07 Michael: I agree with that. Um, cuz I don't know what we've done! [laughs]

1:07:13 RTH: So when, so the, the, the purpose of the debrief conversation for me *in general*, as I would, as I would say the, the primary purpose from my point of view is to make sure that Michael and Agnes get every question answered that they wanna have answered. And, and so I'm, and, and, *and* in the asking of the, of those questions, I would, I would feel like I should answer them in the same spirit as I've been asking questions, which is to say, you should be able to ask me any question that you want to ask, and I should be, be able to say, *I don't wanna answer that question*. But if I *do* answer that question, then I should be *forthcoming* about my answer. That is, I should I, which is the same rule, the same rules that I've asked of Michael in, in the conversations that we've had, which is that, that which, which from my point of view, is sort of the interesting way to have a conversation. We don't, we shouldn't have to talk about anything we don't wanna talk about, but if we, if we *are* gonna talk about it, then we ought try to be honest about it.

1:08:14 Michael: I, I completely agree with that. [AB: Yeah. Me, too.]

1:08:18 RTH: So, so let's schedule a conversation like that.

1:08:24 Michael: Okay. Let's do that.

1:08:26 RTH: And, *and* I would say about the, the third half of the, of the deal, I've, I've sort of mocked up what a website would look like. Because if we're gonna talk about whether we should put it on the web, you, you should have the right to see what it, what it would look like. And it's by no means a done deal. But I, I've made a, I've made a website that I could send to you, I can send you a link for, and you can, you could look at it and see what, see what you have anything...

They have audio difficulties

1:08:50 Michael: I, I've just lost Russ.

1:08:54 RTH: Can you still hear me Agnes?

1:08:55 Michael: Oh, now I can still hear you now. Yeah. I don't know why I went, I just went out for a second, but now I can hear everything. Sorry. So after you said, I don't, after you said "I've mocked up a website," that was what, that's the last thing I heard.

1:09:08 RTH: So the, so ba— basically what I've done is I've started to put together the website that I, that I *might* put together that would, that would characterize or display what it is that we've done. I haven't put any of the videos on the web yet. So those links don't work. But the, but the rest of them, they, they would be out there so that you

would see what the description of the samples look like or whatever, and [Michael: Oh, right, okay.] And, and, and some of those descriptions you would be seeing for the first time, because we only started sending you, Michael, transcripts and, and characterizations or whatever at day 6 or something like that.

1:09:43 Michael: Something Like that. I think it might have been more like 8. But anyway.

1:09:47 RTH: Could have been. Somewhere, somewhere along, somewhere along the line. And so I could, I could send you the link to that website, which so far exists—I haven't, I haven't told anybody else about what this link would—

1:10:04 Michael: Right. I would, uh, that, that could be useful to have before and during a debrief discussion.

1:10:13 RTH: Okay. So why, why don't I, why don't I plan to send that to you later on today? And, and, and that, like everything else that I've ever sent to you is, I consider a work in progress. There's a lot of things that are just not done and, but everything that is done is well open to revision. And so you should, you should treat that as, as, as, as everything from, "I don't want anybody ever to see this again. You showed it to me, fine, but nobody else, nobody else should see it. You should destroy that." That should be a totally legitimate, legitimate reaction. Or you could say, "well, this is, this isn't the way I remember that sample. And then we have to have a conversation about that, or,"

1:10:55 Michael: Well, you're not gonna get the latter, cuz I won't remember them, but [laughs]. Um, but I, and you're not gonna get the former either, to be honest. I mean, um, I, the, the one thing I've noticed that I haven't in—uh, uh, so the transcripts that you've been sending, I've mostly just been scanning them for comments. I haven't really been reading the whole transcript. But sometimes I'll read a bit, like if you make a comment or if Agnes makes a comment, I'll go back and read a bit leading up to that so I understand, y'know, where we are and what you're commenting on. And I have noticed, um, a number of times where the, the, the transcript probably doesn't reflect the exact word—like it, it mistranscribes a word here and there. Um, y'know, just little things like "then" might get turned into "them" or something like that. I haven't been, I've noticed those things. I haven't been correcting them. It doesn't feel super important to correct because I assume anyone who looks at this will understand that, y'know, the transcript may not be—I mean, they'll, they'll see that. And I don't know, I just haven't, to be honest, I don't think I have time to go through the transcripts line by line and like, make all those corrections. And I don't think, I haven't felt that it was particularly necessary. Like I can read right through that stuff, and it's fine.

1:12:13 RTH: Well, I've, I have probably fixed some of the things that you've seen when I've gone, when I've gone back through them. [Michael: Probably. Right.] Like I've, in the process of putting together the website, I've, I've had to go back through some of the stuff, and I've probably, and I have caught some typos and I've fixed them. And I haven't told you that I've fixed them because I didn't think it was that big of a,

1:12:29 Michael: Right. Because there's no need to, absolutely [laughs].

1:12:33 RTH: I do think in, in my, in, in my opinion—and I, and I'm not meaning this as a, in a influencing or twist, arm-twisting or whatever— I, I, I, I think Michael, the ex—the, the experience of Michael... Michael's experiences are, would be of interest to a lot of people. I guess that's what I wanna say. And, uh, it, it humanizes people, people who are called *schizophrenic*, or *having schizophrenia* or whatever the modern way of talking about that is, I, I think, I think, I think people only discover that in the, sort of the extreme cases, and to, and to see that in the everyday in-the-coffee-shop deal kinda, kinda a deal [see sample 11.6], I think, I think it is, of sort of vital importance.

1:13:33 Michael: Well, Russ, I completely agree with you. Um, we can have a long conversation about that, which we won't. But, um, the short version is one of the reasons that I, that I agreed a few years ago to start writing publicly about it, I was convinced by a colleague of mine who's, um, a, a philosopher in Sweden, and she had started writing, she has a very similar psychiatric history to me. Not exactly the same, but similar enough. And she started writing about it, and I got in touch with her and we started talking over email and, and then later in person. And she convinced me that, which I already knew, I guess, um... Well, what she pointed out was that representations of people with schizophrenia are massively skewed [laughs] in a way that doesn't exactly flatter people who have schizophrenia.

1:14:42 RTH: And I think that's absolutely true. I totally agree with that.

1:14:44 Michael: Um, and she, she said, look, one of the reasons that she started writing about it was to, to acknowledge that there are bad things, but that you can still live a decent life and y'know, you're still a human being, blah, blah, blah, blah, blah. And that's why I agreed to start writing about it. And I didn't agree to do *this* because of that. Really, I agreed to do this only cuz I thought it was interesting [laughs]. Um, but if it can serve that purpose in any way, I'm very happy for it to do so. So I don't know if people look at this and maybe, maybe, I don't know. I, I don't know why you think people would be interested. Maybe they will, maybe they won't be. You know, better than I do. Um, but if people do look at it and if they see somebody who struggles in certain ways, but still can manage to live a decent life and can carry on a conversation [laughs] and whatever, that's, that's a good thing in my opinion.

1:15:52 RTH: So I, I obviously am a, in general, a fan of the individually specific moments (that I guess should be pretty clear to everybody in the world, basically, who knows me). But, but I think things, things like the, the details of, I feel a tapping like somebody's behind me in this coffee shop. That's, that's, I think, totally interesting. And I think, I think totally interesting. And, and, and wouldn't, wouldn't surprise me. It would be interesting to the people who are really afraid of schizophrenics, which is probably most everybody. And, and it would, and I think it might also be interesting to people who are being diagnosed, or have, are about to be diagnosed or whatever, as... Because I think, I think there's much more misinformation out there. And, and I think people in general don't know the characteristics of their own experience. And I think people with schizophrenia don't know the characteristics of their own

experience. And I, and I think it would be at least potentially of value to correct that for everybody, including for people who have that diagnosis.

1:17:03 Michael: I— Well, yeah, we, we agree about that.

1:17:07 RTH: But I don't want to, I don't want us to, to agree that we should do that. W— whether, whether you and you and you, the people on the screen should do that with these samples is another thing altogether that the conversation we've been having is mostly the generic conversation. And I'll send you the website.

1:17:24 Michael: Right, right. Well, I'll look at the website. I mean, I, I can, I mean, I, I, y'know, I've, I I've been present for all the conversations [laughs], and I know what was said and I, although I don't really have great memory, uh, so I couldn't start reciting to you what was said, but, but I never, I, if I had had the experience in, during some conversation of, oh my gosh, I'm saying something that I would never say out loud in public—that I would remember. And I certainly don't remember having that experience.

1:17:24 Russ comments: I have no recollection of Michael's having said something that I think would be controversial or disadvantageous if it were public. But I do want to be 100% clear that this is *Michael's* call to make, not mine. And I do recognize the conflict of interest: I would like to see this made available, because I think there is much to be learned, both from Michael's experience and from our discussions of AB's interview questions. Which reminds me to be explicit about *Agnes's* right to consent or not to the release of these interviews.

1:17:58 RTH: What is, what is not in the website as I have, as it's currently exists as an HTML file on my computer, is anything that looks like a, a summary of anything. I haven't summarized each day. I haven't summarized, I haven't drawn any kind of, sort of cross sample characteristics or, or whatever, which I probably would do some, sooner or later down the line, down the line. And also what's not there is the debrief. We, the debrief conversation could also be of interest to the people who are watching this process, and we can decide whether that would be a part of it after. [Michael: Right.] But so the, well, all I'm saying here is what I'm gonna send you is not what I consider a final product. It's, is a work in progress that, uh, [Michael: Sure.] that we can, that we can jointly shape to be whatever it is that we want to go from zero to a hundred or whatever.

1:18:51 Michael: I, I mean, at some point I, maybe as part of the debriefing, or maybe it's, maybe this happens, I mean, I don't know if you have a, a, a standard way this happens or, um... At some point I would be interested to hear if you have any general, any general comments to make about, y'know, connecting this to that or, y'know, thoughts about— yeah, more general thoughts, not about, not about specific, not about specific beeps, but more are there some general characteristics that you think are salient across these things, or things like that. I wouldn't know how to, I wouldn't even know how to start to think about that, cuz this is the first time I've ever experienced this.

- 1:19:41 I might, now that we've done this, I might go look at some of the... I've seen that you have others up there. I decided in advance not to look at them, cuz I didn't, I was worried about how they may affect how I approached it here. And I thought it be, might be better not to. I know you said you don't care and maybe, and, and, and you, you probably know better—you do know better than I do—so maybe I shouldn't have been worried about it, but I was worried about it anyway. Um, so,
- 1:20:07 RTH: I actually, I think what you did was the, was the better way, probably.
- 1:20:10 Michael: Okay. Well, that was,
- 1:20:11 RTH: But I don't, what I, when I said I didn't care, I, I don't have *strong* opinions about that, but, [Michael: Right] but I, but, but, but from my point of view, I spend a, a great amount of effort and time and energy and whatever trying to make sure that, that we do one, one thing at a time. Let's get this beep right. Let's get this day right. Let's get this Michael right. And, and the less that that is polluted by, by anything else—later, later on, it might be a good idea to be able to make a comparison between this person and that person, [Michael: Right.] or this day and that day, or this beep and that beep or whatever. But, but that should all be secondary to me.
- 1:20:45 Michael: Okay. That, that's fair. Uh, I, I am still interested in that, but, but what I was saying is I wouldn't have the first clue how to do that. Um, and maybe that's in part, cuz I haven't, I don't have any experience of this apart from, apart from *our* sessions. I haven't seen how it goes anywhere else. I've never seen anyone try to draw any kind of general lessons if there are any general lessons to be drawn, et cetera. So at some point, if, if there's something to be said along those lines (and maybe there isn't, I don't know), then I'd be interested to hear what that is.
- 1:21:14 RTH: Well, toward, towards that end, when, so when I characterize what I take to be the debrief, I, I characterize it being you ought to be able to ask, ask any questions that you want to ask. But, uh, it's also the case that the debrief ought to be, I should be able to ask any questions that I want to ask. [Michael: Yeah.] And you should, you should answer them with the same rules that, that I would answer them, which would be, you should be able to say, *I don't wanna answer that question*, but if, if you wanna answer it, then I would prefer that you be honest with me. And I should be able to ask out of Agnes, and Agnes should be able to ask it of Michael. And Michael should be able to ask it of Agnes, and Agnes should be able to ask it of Russ and whatever. All those, all those possibilities. I think we're sort of three consenting adults who have been through some stuff, and, and, and we ought to have a chance to ask, ask whatever we, we wanna know about that.
- 1:22:10 Michael: That all makes sense to me.
- 1:22:12 RTH: And so I don't, I don't think, I don't plan to choreograph that. I think that conversation will evolve naturally because I think you've got some stuff that you're interested in. I've got some stuff that I'm interested in, and that's going to make the conversation go. [Michael: Okay.] And we might finish it in an hour and we might

get to the end of an hour and say, well, that, let's do it again. So we might have two debriefs or whatever. That would be fine with me. I think—

1:22:39 Michael: Well, why don't we schedule one and we'll see what happens.

1:22:41 RTH: That's what I, that's what I would say. We should schedule one.

1:22:43 AB: I have to get going. Um, could we do the scheduling over email? [Michael: Yep.]

1:22:48 RTH: Yes.

1:22:48 AB: Okay. I'll see you, then, next time.

1:22:52 RTH: Okay.

1:22:52 Michael: Bye, Agnes.

1:22:53 AB: Bye. [Agnes leaves the call]

1:22:57 RTH: All right, well that sounds good to me. [Michael: Okay.] And I will, and I will, uh, I will send what I said I was gonna send.

1:23:04 Michael: Okay. And I will receive it.

1:23:06 RTH: Okay, great.

1:23:07 Michael: Thank you.

1:23:07 RTH: Thank you very much.