

TRANSCRIPT WITH COMMENTARY
Do I Really Have Internal Monologue?
Ryan Langdon Interview 3:
DES Sampling Day 3

Below in black is a word-for-word transcript of the June 3 interview with Ryan Langdon that is available on YouTube at <https://youtu.be/DltQDCjYAfo>. In green are comments about and explanations of the Descriptive Experience Sampling process. If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

AK = Alek Krumm

Ryan = Ryan Langdon

- 0:00 Ryan: All right. So I did the study today while I was in class. [RTH: Okay.] So this is how my, my brain wanders while I was in class. [Alek laughs] [RTH: Shocking!] And I do want you to know that most of the time, I am not paying attention to the lecture. I just want, I just want you guys to be aware. You guys ready on your end?
- 0:24 RTH: Well, maybe I could, I could tell, I could tell a story. Maybe I don't want really, really want this story out there. But when I started this, this research back a long time ago, I interrupted my own classes. This was back in the seventies when I was a younger, younger guy. [Ryan: You're still young!] And, and so I, I made, I made beeps in and delivered them in my classes. And what I found was that, uh, a lot of students, a lot of the time, we're thinking about my legs, because I wore shorts back, uh, back at that time. [Alek laughs] And, uh, and when I saw that, I thought this isn't a bad, this is a bad deal. I sh, I shouldn't be wearing shorts! So I never wore shorts again [Alek laughs] in a teaching situation.
- 1:05 Ryan: You never want to get in the mind of your peers!
- 1:13 RTH: Well, I thought it was useful, actually. I think if that, if that's what they were thinking about, then I shouldn't be doing what it was that I was doing.
- 1:20 Ryan: So I like to tell people that I have ADD. So like, oftentimes I, it's difficult for me to pay attention in class. So I have to teach myself a lot of things outside of class. So it's interesting to see that when the beeper does catch me, I am often daydreaming. So that's pretty fun.
- 1:39 RTH: Well, we've beeped, we've beeped a lot of students over time. And I can say that a lot of students are daydreaming (but not in my class since I started wearing jeans!). [they laugh] Anything else we should be talking about before...?
- 1:56 Ryan: No, I think we hit everything. [they laugh] We talked about your legs. We talked about my [inaudible]. We're good.

2:02 RTH: I think we covered the waterfront!

2:02 AK: Good for me.

SAMPLE 3.1 DISCUSSION STARTS HERE

2:06 Ryan: Alright. So the first one, the first one went off, um, and obviously we're doing lectures over zoom. So I was looking at my professor. And I was like looking in the background at like what his house looks like. And it was just like a kitchen. It didn't look super nice, but it did look like a nice older style house. Um, and I was thinking about how he was probably rich. Um, and he's older than he looks, he looks young. And I was thinking about how that's often the case where rich people tend to look younger. Um, it wasn't verbal or anything. I didn't get any visuals. It was just more of me just sensing the situation. If that makes sense.

3:00 RTH: So was that one...uh, all of that thing is sort of one thought process? He's rich. He probably looks... He's probably, he's probably rich. Rich people uh look younger than they are. He looks young, rich people. So all of that stuff is all part of one thought process?

3:19 Ryan: Yes. So I was looking at his house. And then like the background of his house stimulated, um, just like the, the, the entire thought of how rich people look younger. So like, I wasn't thinking about his age. I just knew I knew his age, 'cause he's told us in the past. I just, I, it was more of like one of those sensing feelings. It was no like internal monologue. There's no visual. It's just like all of that encapsulated at once. So like in the first lecture; er, the first conversation we had, I was watching "Survivor" and I said, "that was a good answer." And Alek asked me if it was like a combination of just everything and it was kind of like that situation.

4:07 RTH: Okay. So, so are you, at the moment of this beep are you still looking at the kitchen?

4:14 Ryan: Yeah. I'm looking at the background.

4:16 Ryan: So I've got a perceptual experience going on. [Ryan nods affirmatively] *And* at the same time as that, I have a cognitive analytical, he must be rich, rich people look younger than they are, (or older than they are, whatever it is).

4:32 Ryan: Yeah. I, I felt like often the case, like if you see like rich, famous people, they're, they often look younger than they, they really are. [RTH: Okay.] I feel like Seinfeld, he's like 70 years old (being a little facetious, but)...

4:51 RTH: Yeah, I'm with you. So, and, and, but then I take it as a, is a cognitive kind of a thing. Is that right? [Ryan: Yeah.] I'm experiencing a thought-y, a thought-y kind of, uh, [Ryan: Yeah, I think I...] along with a perceptual thing.

5:09 Ryan: Yeah. So he often like uses words that are kind of like outdated a little bit. Like a lot of people in the medical field when they talk about like, um, a department, they say

either a department or like a floor, like “what floor do you work on?” Um, and he likes to use the word “ward,” like “on the wards, you’re going to see this.” And it’s kind of like an outdated term. So he just said that prior to the, to the beep. And I think that’s what stimulated, like the, the thought about that.

5:09 Russ comments: “That’s what stimulated ... the thought” is a self-theory, but Alek does not comment on it.

5:44 RTH: Okay. And is that still present in your experience at the moment of the beep? [Ryan shakes his head negatively] Or that’s a speculation based...

5:48 Ryan: That’s like me setting the scene for you.

5:52 RTH: Okay. Then I think I’m, I think I’m good.

5:56 AK: Am I understanding right Ryan, that the, that all of these kinds of notions are present in the thought? Like he’s, he’s probably rich. He’s probably older than he looks. Rich people often look young. Is all of that simultaneously present? Or did you mean those as sequential, and some, or one or something is more prominent at this moment?

6:18 Ryan: I don’t remember which came first, but it was more sequential than anything. Like he said “wards,” and then it probably stimulated some type of thought where like, he’s, he’s older. I looked at the background of his house and then it like beeped while I was thinking about how he looks young, but is not that young. And it’s probably because he’s well off.

6:43 AK: Okay. But all of that is part of the same thought-y process.

6:48 Ryan: Mm hm. There’s like, no... I’m a usually visual person. There wasn’t much visual going on.

6:54 AK: And no words, right? No explicit...

6:57 Ryan: No, I wasn’t saying anything. There’s no monologue or anything.

SAMPLE 3.2 DISCUSSION STARTS HERE

7:02 AK: Okay. Then I think I’m good. [RTH: Me too.] Number two.

7:09 Ryan: Alright. So I got a message from a friend, um, and I sent a Snapchat to someone of a picture of a cat. And they responded while I was re, or it beeped when I was reading the response. And it said “I’m obsessed with his nose.” Um, and while I was reading that, I was also thinking about if I should address, if it’s a girl, cause it’s a, it’s a female cat. And they said, I’m obsessed with *his* nose. Um, and it happened when I was reading. And, and yeah, I like, I didn’t like have any words going on. I just like, thought about addressing it. Like it just, just like the last one, it just like popped in no visuals, nothing.

- 7:56 AK: And so at the moment of the beep, does that mean that there are sort of two things going on: I'm reading their response and I'm wondering if I should address the, the, that the cat's a female?
- 8:07 Ryan: Yes. I'm reading it. And I saw the word "his," and then it almost beeped like immediately after that. [Alek: Okay.] And I was thinking about like, it's not a boy. Like, I, I should respond back that it's, that it's a girl. But I didn't, or I didn't even like respond back at all.
- 8:33 AK: Okay. So of those, so I'm reading and I'm wondering if I should say it's a girl or I'm thinking, I might say it's a girl or something like that. Er, of those two is one more prominent in your experience?
- 8:45 Ryan: Definitely me reading it. It was, it was more of me reading it and then forming the thought. Because like, when you read something that's a message, you read it in an intention to reply to it, I feel like. I don't know if everyone does that, but I do. So if I'm reading a message that's directed towards me that I'm probably going to respond to, I'm thinking, um, I'm analyzing everything that's said to me in a way that like, is building whatever I'm going to respond back.
- 8:45 Russ comments: "When you read something that's a message, you read it in an intention to reply to it" is a self-theory. This time Alek does comment on it.
- 9:16 AK: Okay. So, well, that might be true, but let's not assume that reading, if I'm reading a text, I *must* also be reading it with the intention to reply. Right. Um, I think we've seen, I *know* we've seen people read mindlessly [Ryan: Yeah.] or they're sort of reading, but it's not even getting in. But I am interested in if that's, you know, if, if at *this* moment you're reading with *intention*, then I would like to understand how that is present to you.
- 9:44 Ryan: Okay. Um, it's a message from someone that I enjoy talking to. So I wanted to respond, just like keep a conversation going back and forth. And I think that's what I'm saying, where I was reading it with intention to like try to figure out what to say back. And...
- 10:02 AK: Okay. And how does the reading come to you? Is this like, am I just looking at it and I'm getting the meaning? Or I'm saying the words to myself? [Ryan: Yeah.] Or I hear my friend's voice? Or...
- 10:12 Ryan: Yeah, I hear, I hear my internal voice that I've talked about in the past. Um, word for word reading the sentence. [Alek: Um hm.] So yeah, go ahead.
- 10:25 AK: And does it seem like I am saying the words as I read them? Or does it seem like I'm hearing my voice?
- 10:33 Ryan: I'm saying them.
- 10:34 AK: I'm saying them, and you seem confident about that distinction.

- 10:39 Ryan: Yeah. I can't read it in any other way. I have to, I have to do that.
- 10:39 Russ comments: That was, of course, a self-theoretical statement. DES would prefer to bracket all such statements, but DES is a performance art, and decision have to be made about whether to enter into the bracketing discussion or stay on the current track.
- 10:45 AK: So I am saying the words in my head [Ryan: Um hm.] as I read them in my voice. Any particular tone or inflection or...?
- 10:55 Ryan: No, nothing particular? No.
- 11:00 AK: Okay. And does it seem like I'm reading... As far as my experience is concerned, does it seem like this whole phrase "I'm obsessed with his nose" is present? Or have I zeroed in on "his"? Or am I...? Does that question make sense?
- 11:13 Ryan: The "his" stood out. The whole like message as a whole didn't really like, do anything for me. But, but the fact that she said "his" felt like something that like, should I respond? Should I not? So is something that I was focusing on. [Alek: Um hm.] Um. But it wasn't like a dire issue that I needed to address. Like, I didn't like *feel* an emotion towards the fact that she called the cat a boy when it's a girl, you know? [Alek: Okay.] It's just like, I, I thought about addressing it without having any words or anything.
- 11:54 AK: Okay. So want to go even a little more basic than that. Does it seem like all of those words are present? "I'm obsessed with his nose"?
- 12:00 Ryan: I think every word happens individually. Are you asking like, what is standing out to me?
- 12:08 AK: Not, not necessarily standing out. I, so there are some people who, when they're reading, say, I'm saying these words to myself, but my experience is of word by word by word. And the beep catches the word "the." Right. And really, as far as my experience is concerned, it's just the word "the." That would be like a word by word reading. [Ryan: Um hm.] Other people say, well, I'm reading, "I'm obsessed with his nose," and that *whole sentence* is present to me. And the beep happens to interrupt at "nose."
- 12:39 Ryan: I think the whole sent, the whole sentence is like, I know exactly what the whole sentence said when it beeped. Like, I wasn't like halfway through the sentence when it beeps. I just finished reading the sentence when it beeped. But I was also thinking about the word "his." [Alek: Okay.] I don't see any other way to answer that. It's either I don't remember exactly or that's just all I got.
- 13:04 AK: Okay. Well, let's talk about the, the, "his," and the thinking portion. So I'm when thinking about, or I'm wondering or something if I should tell my friend that the cat is actually a girl.

- 13:18 Ryan: Yeah. But not in a way that, like I *had* to do it. It was just like a thought that like popped up that something that I could say back. Like it had less to do with, uh, it's obviously it's such a minute issue that like, it's, it's not something I *had* to address. But it, it's more like I was zoning in on that as something, the topic of my message that I was gonna respond with. [Alek: Okay.] Less about that it like it caused a visceral reaction, you know?
- 13:52 AK: So I'm not having a strong reaction. I'm just kind of musing about, maybe I'll say this about this, [Ryan: Yeah.] say something about this. And is that a, a *thought* in the way we described and beep number one, like this is a cognitive analytical kind of process? Or something else?
- 14:11 Ryan: I honestly don't think I have the words to explain how it happened. Um, I'm trying my best, but it's, it's difficult.
- 14:20 AK: So how, if you can say, does it differ from the, the thinking about your professor being rich or old, like rich and young, I guess originally, I can't remember something about age and rich.
- 14:34 Ryan: It's a similar way, where it just, it's more of, it just, it just, it *happened*. Like, I can't, like, it's not... Sometimes I have thoughts that are, that are verbal, that are words or visual. But sometimes it just like pops up out of my subconscious. And then with that, whatever symbol, I don't see anything, but whatever that is, I can translate that into words. Um,
- 15:01 AK: So is there... This is an, unworded, un-imaged experience?
- 15:10 Ryan: [draws a sketch and holds it up to the camera.] So say, I don't know if you could... (That's not going to work. We'll do that in the future.) [Inaudible] make an image. But like, it's like, there's parts of my brain that obviously I'm not aware of, that's like that's functioning and doing their job. And then when it, it just like, it pops up into this little area in, then I can translate that into words. But this, like, I can't explain how that happens and why it happens. Or if it doesn't happen to you, it's, it's hard to like explain it. It doesn't, there's no visuals. There's no words. It's just more of just like *it's there*.
- 15:10 Russ comments: The talk about the brain and an area for translation is a self-theory. Here, Alek continues to pursue the experience.
- 15:48 AK: Um hm. And when and what, like, so one way I can understand what you're saying is like, "Alek, I've got this idea about what I might text and there's no words and there's no pictures and I'm not even really driving it. Like, it just kind of popped up. [Ryan: Um hm.] Like, it's not like I'm deep in thought here. I just had this idea just appear." Is that what you're trying to convey?
- 16:12 Ryan: Yeah. So say if like, I have like someone, if I'm in a conversation and I have like a witty joke, like someone says something, it'll just like pop up and without translating it into words in my brain, I'll just say it out loud. So it sounds like it's happening so fast. Like, like I'm thinking quickly, but like I'm just skipping the step where the thought comes in

and I have to translate it into words and then say it out loud. So it's just like, it's it, there's nothing in like the physical world that I could explain this, how this happens.

16:47 AK: So if I parallel what you just said about speaking into this experience, would that mean that this is something like, like there's not like an elaborated process? It's not like, I'm like, "well, what should I reply? Maybe I should say that the cat's a female. Maybe that's minor." Like, that sounds more like a thought *process*.

17:07 Ryan: It's not a process at all.

17:09 AK: Right, where this is just this idea, idea appears and it's....

17:14 Ryan: And if I address it, I address it. If not, then it's on to the next one. And it just, it happens throughout the day. And sometimes I address that thought and then sometimes I just let it drift. But a lot of times I have mostly physical or visual or verbal or a combination of both. And then there's *this* category... Because I've been thinking about this a lot and I'm trying to like categorize them, which obviously I shouldn't be doing, but I can't help it. Um, and this, it just, I can't explain it. There's no words.

17:50 RTH: So I've got a couple of things to say. One of them is about categories. We're not objecting to categories. What we, what we object to, I guess, is *premature* categorization. So when we're pretty sure that we know what we're gonna be talking about, we can say, well, this is a category and this one is like that, or whatever. So I don't want us to be *reluctant* to categorize. What I want us to do is to not jump to conclusions and make a category before we're pretty sure what's, what's in it.

17:50 Russ comments: Ryan has been struggling to describe a category of experienced thinking that does not involve words or visual images. Prior to sampling he would have said that such a category is impossible, and now it is difficult. The interviewers *could* say, "We know what you're talking about—it is called *unsymbolized thinking* and Hurlburt has been writing about it for 20 years." But they didn't say that. Why not?

Because that is part of the art of bracketing presuppositions, which includes bracketing the *interviewer's* presuppositions about unsymbolized thinking. Perhaps Ryan is describing a phenomenon that is *different from* unsymbolized thinking, or that overlaps with unsymbolized thinking but has a twist that is uniquely Ryan-esque. For such possibilities to emerge, we have to explore Ryan's experience on his turf, on his own terms, using his own words, even if that is difficult for him (and for us). Then, if and when (eventually) Ryan settles on his phenomenal descriptions, we can judge whether it is or is not unsymbolized thinking, or whether we should tweak our understanding of unsymbolized thinking to match Ryan's experience.

18:16 RTH: (continues) And the other thing is back, back a few minutes ago, you said something like, uh, "whenever I read, I have to put it into my own voice. And it's the only way that I can read" or something like that. [Ryan: Yeah.] And that might, that might be true, but that's one of those things, which I would caution us as being a self-theory and, and, and to bracket that away. And so I'm, I'm not at all... Bracketing doesn't mean that I don't believe that it's true or.... It means I would like us to set that theory aside. And then if every time that you're reading, you're in your own voice, then at the end of the,

at the end of the day, we'll be able to say, well, but we have some evidence that this is really true. Every time I read them, I'm sp, speaking in my own voice. [Ryan: Yeah.] But let's not *start* with the theory. Let's try to *suspend* the theory and get there later on.

- 18:16 Russ comments: RTH is referring to 10:13 when Ryan said that when he reads "I hear my internal voice...word for word reading the sentence," and continuing at 10:30, "I can't read it in any other way. I have to, I have to do that." At that point, RTH filed away Ryan's reference to his self-theory. Now he elects to refer back to it to make the point that bracketing of presuppositions is an important activity that applies both to the investigators and to Ryan.
- 19:03 Ryan: I, when I say like a theory, I mean, it's definitely something that like I think about, it's like a self-experiment where like, I think about that situation, that type of thought whether it's visual or whatever I was just saying. And then I, I, note it, every time it happens, so it's definitely happening and it's definitely like a thing that I can categorize. It's just my issue is that I can't explain it.
- 19:27 RTH: So, so the, the problem with that, I guess, to the extent that there is a problem, is that that's what, it sounds like that's what I would call "armchair introspection." It's like, *I'm going to, I'm going to watch what happens to me and see what, and see what I can make of that.* But the *problem* with armchair introspection (and I'm a *critic* of armchair introspection) is that it puts you into a special, a special state. *Well, I'm going to watch and see what happens.* And then what I see is what happens when I'm in this *special state* of watching to see what it is that's happening. [Ryan: Um hm.] And the beeper really tries, and one of the, the *aim* of the beeper is to try to short circuit that. So the beep, we want the beep to come at you by surprise, *before* you get a chance to put yourself into this situation of *what would I be thinking about right now?* We want that to happen sort of automatically.
- 20:23 Ryan: Alright. That's fair. It's just, it's, it's hard to explain this specific of an event that happens. Like some like visual things are easy to explain, but like something that is just like that lacks every type of physical explanation, it's hard to, to, to explain it.
- 20:42 RTH: Well let me see what I've got so far from the two beeps of today. And that is that there.... It seemed like there were two kinds of think-y kinds of [inaudible], one in each beep. One is where some rich people look younger because they're because they can do it or whatever, and he's probably rich. That's a sort of a think-y thing that's, that's overlaid on the, the external seeing. And then in the second beep, there was a sort of a think-y thing that popped in about, uh, well, should I say, I could say she's a, she's a girl, or whatever. Maybe I shouldn't say that, but, but that's a little, a little thought-y thing that goes along with reading the text. [Ryan: Um, yeah.] And those two thought-y things are more or less similar. They're not exactly the same, one's more involved than the other, but they seem to be in the same realm of, or in a similar realm of a cognitive-y thing as opposed to a wordy thing or a picture-y thing or something.
- 21:48 Ryan: Yeah. It's just, it's, it's frustrating trying to like, explain like that specific thing that's happening compared to the other stuff, you know.

21:58 RTH: I, I, I'm totally with you in that regard. [Ryan: Okay.] And what I would like us to do is to stay frustrated just a little bit longer. And when we get to the place where, where you are saying pretty consistently "look, this is like, that thought that I had about the cat. And it's like a thought I had about the whatever," when, when you're confidently speaking like that, then we'll give a name to that category or whatever. [Ryan: Okay.] So the objective is to, is to... The bracket, the bracketing of presuppositions, or that the art of this exercise is to keep the frustration alive until it's no longer necessary. [Ryan: Alright. Sounds good.] Number three. You done with number two, Alek? [Alek: Yeah yeah yeah. I'm good.] Number three.

SAMPLE 3.3 DISCUSSION STARTS HERE

22:53 Ryan: So, um... While I was in the middle of a lecture, I was finally paying attention. And he was talking about a specific thing in, just like whatever the topic we were talking about. And the exact sentence that he was talking about was in my book. So I highlighted that. I have my book in front of me during the lecture, and I highlighted the, the sentence that he said, and it beeped in the middle of my highlight. I wasn't reading the sentence that I was highlighting. I was just highlighting it almost on like autopilot. And, um, he was still talking in the background, but I wasn't really picking up what was going on in the background.

23:42 RTH: So your experience at this particular moment is entirely wound up in the highlighting. Is that correct?

23:48 Ryan: Yeah, I'm just highlighting it. And I wasn't reading along with it. Um, and I was just, just going along with, with the sentence.

23:56 RTH: Okay. And, and is your, is your experience about the highlighting, which I guess would be the application of whatever color you're using? So I'm seeing the highlighting unfold as I move my hand across the page? Or am I into the color of it? I'm seeing the yellowish, or the greenish or whatever color you're using.

24:19 Ryan: I'm more into like, making sure that I'm not like missing the words. Like I'm staying on... I'm more focused on keeping the lines straight than I am the color or, or anything.

24:30 RTH: Okay. So, so this is a carefulness highlighting thing. [Ryan: Yeah.] And I'm trying to keep it with the words, but the words themselves are not particularly meaningful units to me. [Ryan: Nothing.] The words are places that I should be highlighting.

24:46 Ryan: Yeah. It's more of a physical structure that I'm following. I'm like walking the tight rope.

24:51 RTH: Okay. And does this seem like I'm seeing it happen as it unfolds? Which I guess is what I said, but that's not necessarily true, and that's why I'm asking. Or does it seem like I'm actually doing it? I feel myself carefully staying within the line.

25:08 Ryan: Yeah. It's it's um, um, it's more of like a physical thing that I'm, that I'm focusing on. It's less of like looking at any other details of like color or if I'm like I'm falling off the

straight line. It's more of just me focusing on keeping a straight line rather than thinking about the words or anything.

25:29 RTH: So my experience is of the act of creating the highlighting where I want the highlighting to be created, which is the straight line on the text.

25:38 Ryan: Yeah. Yeah. From point A to point B.

25:40 RTH: And when I get to the end of the sentence, I'm going to stop highlighting it. [Ryan: Mm hm.] But, but that's not because I will have read the sentence, it's because my highlighting skill knows to stop when it gets there.

25:53 Ryan: Yeah. It's more of like me highlighting a physical structure of like a straight line and me staying on the line of the words, rather than me highlighting the *words*. Like it's, it's I see the, obviously they're words, but it's like a straight line and I'm just trying to stay on a straight line. And then I stop when it gets to the end.

26:12 RTH: Okay. And so is your experiences of seeing the straight line? Or is your experience just of these are lined up and I'm highlighting one?

26:20 Ryan: Yeah, that's the latter. Um, they're lined up and I'm following along.

26:24 RTH: And the lecture is ongoing, but I'm not actively paying attention. Maybe I'm processing it, but it's not in my experience.

26:30 Ryan: Yeah. I'm just, I think I sh... (I keep doing that. Sorry.) I shut my brain off. I got out of there and I just was just like, I know that I'm going to look at this later, so I need to highlight this. So I didn't pay attention to the fact that I'm going to try to absorb it. It's just, I'm going to go back to this later and, and that's why I'm highlighting it. Because I need to know this.

26:54 RTH: Got it. So this experience *differs* from the previous experience. It's *not like* I have a thought, *well, I got to learn, so I got, I got to highlight this*, so I get it later. This is just a motor act of putting the highlighting between the lines.

26:54 Russ comments: It would be more accurate to say that it was a sensorimotor act than a motor act. But that distinction is not material here. The essential distinction is that the seen words are not semantic units but rather purely physical/geometric units.

27:08 Ryan: It's mindless. Yeah. On autopilot, just going through.

27:14 RTH: Then I think I'm good.

27:15 AK: Me too. And I guess just, just to ask about what you just said, you said "mindless on autopilot." So I'm understanding mindless, like I'm not really into it, but still in my experience, like not so automatic that it's happening outside my awareness. Is that right?

27:30 Ryan: Correct. So when I say mindless, I mean, I'm not reading the words, trying to absorb it and use mental energy to like, to learn, to learn the information. I'm just doing it to do it, 'cause I know that I need to look at this later.

27:45 AK: Okay. Good. Just making sure. Okay. Number four.

SAMPLE 3.4 DISCUSSION STARTS HERE

27:50 Ryan: Alright. Uh, the doctor, my professor was talking about how providers tend to say "B-U-N," which is a lab value that you get, um, on patients, they tend to say "B-U-N, and nurses typically say "bun" instead of "B-U-N." And I was daydreaming instead of listening. Um, and I was in a scenario where I said "bun" and it beeped when I was in the scenario. And I was saying, "I mean, B-U-N. Sorry, I'm working on that" verbally. And then there's vague visual stuff going on where like I was in like a hospital, um, like I could see like a white coat, um, but it was barely there. So like I knew I was in a hospital when I was saying, um, "I mean, B-U-N. Sorry, I'm working on that." So like I was feeling, um, like kind of embarrassed that I was, said "bun" instead of "B-U-N."

28:51 AK: Hmm. Interesting. [Ryan: That's a lot here.] Okay. Yeah. So I have created, I guess in my imagination, some situation in which I would have accidentally said the nurse version "bun." [Ryan: Yes.] And then I am like, [Ryan: No disrespect meant to nurses!] "Oh no, I, I meant B-U-N. Sorry, I'm working on that." Is that right? [Ryan: Yes.] Okay. And so this is *you* saying that, [Ryan: Um hm.] and do you *see* yourself? Or do you just *sense* yourself in a hospital somehow? Or do you just *say* this and there's *no* sort of visual? I just know that I would say it in a hospital?

29:35 Ryan: There is a visual, but it's, it's very vague. It's like more of like light. It's more of like whiteness. Like if you go into like a, um, uh, like a, an O-R, an operating room, it's very well lit. It's very white. It was more of just like a mo, uh, a whiteness than it was anything. And, and then because of that, I knew that it was a hospital or like, that's how I set the scene was just that whiteness. That's all I needed.

30:03 AK: Okay. And that is not meant as like, I don't see anything, so I'm calling it white as in blank. [Ryan: No.] It's like, I see vaguely whiteness, like a whitish hospital, [Ryan: Yeah.] like white space.

30:18 Ryan: Yeah. I would be relying on my memory, um, if I tried to describe it, which I don't want to do. But I do, but from what I wrote down, I did write down that it was, it was vague. And I saw some sort of like white coat, um, in, and everything else was just like white around it. Like, I can't really describe it any farther. Otherwise would be relying on memory. And I don't think it would be an accurate [inaudible].

30:43 AK: Okay. And do you, it, do you see yourself? [Ryan: No.] And is that because this thing just, isn't very detailed, so I don't see myself, but I know I'm there? Or I am *there* in the *thing*, so I don't see myself 'cause I'm in it. Does that make sense?

31:02 RTH: Looking at it through my own eyes. [inaudible]

31:04 AK: Right, right.

31:07 Ryan: I don't think that my voice is necessarily connected to myself in the situation where I'm standing there actually like talking to someone. I think my voice is just loosely connected to this, the setting of being in the hospital and talking to, um, a provider that like, I'm embarrassed to be like saying that too, which I wouldn't be, but I guess the way that when, when I set the scene, he said it about like how nurses say that and like practitioners find it weird that, that the nurses say it like that, which is kind of a blanket statement by him. But, um,

31:51 AK: Yeah, you're illustrating what that, how that would go down. [Ryan: Exactly.] Okay.

31:56 RTH: And are you, are you talking to the guy in the white coat?

31:59 Ryan: Yes. Do you re, um, the, the guy in the white coat is symbolism of, of, of my preceptor that I would be like training under. Um, so do you remember when I was talking about last time, about how, like I saw the doctor saying the thing about like how he would stop seeing me as a patient or whatever. [RTH: Right.] It was a similar experience to that, whereas like daydreamy, visual, um, my voice, but...

32:36 AK: Okay. And so you've said a few times like I see a white coat, but I haven't actually heard you say I see a preceptor wearing a white coat.

32:43 Ryan: I d, I don't think I did. It's that vague where like, okay.

32:50 AK: Like I understand the white coat to represent or belong to the preceptor, but it's so undifferentiated that it's not like I see a man or a woman wearing a white coat.

32:59 Ryan: Yeah. It's almost like it's enough information. I don't need to go into more detail. It's just there. And I know, and I sense the embarrassment of, of this person that I respect/ [Alek: Mmm.] And I feel, I feel the embarrassment too.

33:15 AK: Okay. Well, let's, let's go there. I think I kind of get the visual, unless Dr. Hurlburt, do you have more questions about the...

33:23 RTH: One, one more question about the visual and that is the whiteness. Do you, do you mean the whiteness as a screen, white screen [gestures widely] or, or is there some delimitation [gestures edges] to the white?

33:33 Ryan: It's a full it's full, full picture.

33:37 RTH: So everything is white, except there's, there's a white coat that symbolizes the preceptor somewhere in there. [Ryan: Yeah.] In the middle of your visual field? Or off to the side? Or?

33:47 Ryan: Ooh, that's a good question. It was *slightly* to the left. Wow. That's a good question.

- 33:53 AK: And like, can, does it have enough detail to say, like, I see it from the front? Or I see it from the side? Or the back? [Ryan: No.] But it's slightly to the left in my visual field. [Ryan: Yeah.] Okay. Okay. And so then about the embarrassment. So earlier you said something like I sense the embarrassment of this person I respect, *and* I feel embarrassed. Does that mean there's, there's two embarrassments here? Or...
- 34:26 Ryan: No, it's more of the sensing it. Like, like I'm feeling embarrassed because of the way that he said it. Like, I knew that he was, would think that it's embarrassing, like embarrassing, that I would say something like that. So that's what stimulated my response to saying, um, "sorry, I'm working on that" or whatever.
- 34:49 AK: So the embarrassment is mine. I feel embarrassed. Is that right? [Ryan: Yeah.] Okay. And how do you, how do you feel that? How do you, how is that present to you?
- 35:01 Ryan: Uh, it's similar to the, the anger that, that we discussed in the last one where it's like, it's, it's, it's in my chest where like, it's a ball in my chest. I can't explain it. [Alek: Um hm.] I don't feel any like physical warmth or temperature or anything.
- 35:22 AK: But it's in my chest. Yeah. In a specific location? Or just like diffuse across my chest? Or...?
- 35:29 Ryan: I can't, I can't answer that question. I can't [inaudible]
- 35:32 AK: Okay. And you said like a ball of energy, like the anger one. Did you really mean like, this one's a ball of energy too? Or did you just mean like, that one was chesty? This one's chesty. Or it's hard to say.
- 35:43 Ryan: There are definitely differences. I don't know if I could verbalize the difference. Um, but, but they were, they were two different feelings.
- 35:52 AK: Okay. So there's a physical sensation in my chest and it is, I experienced it as a, that's embarrassment. I'm embarrassed. [Ryan: Yeah.] Okay. And then I...
- 36:08 RTH: So, so I, I'm not sure I quite heard that the same way. So I understand that you feel embarrassed, and you feel something in my chest. [Ryan: Um hm.] But that something in my chest might not be the whole deal about embarrassment. I might feel embarrassment and have one *aspect* that would be in my chest. Or does it, the whole thing seem to be in my chest? Or that question is too hard to answer.
- 36:29 Ryan: I don't, I just don't think I remember. [RTH: Okay. That's a good answer.] I don't think I can answer that from memory. I'll try to focus on that next time it happens. But,
- 36:29 Russ comments: "I don't think I can answer that from memory. I'll try to focus on that next time it happens" is a very high quality answer that reflects the heart of DES. DES tries not to make stuff up (that's the "I don't think I can answer" part), and the iterative process tries to profit from today's discussion to make tomorrow's sampling of higher fidelity (that's the "I'll try to focus on that next time it happens" part).

- 36:42 RTH: And then this may be the question that Alek was about to ask, but is the feeling in your chest that is now an embarrassment the same as the feeling in the chest that was before anger, even though now I know this is an embarrassment, and then I knew that it was anger, but the chesty feeling is the same?
- 37:00 Ryan: No, it's a different feeling. [RTH: Okay.] It's completely different.
- 37:06 RTH: Same regions [gestures to his chest]?
- 37:06 Ryan: [Inaudible] Is there any research on people that feel emotions and, and like, y'know how, like when you get embarrassed, your face gets flushed and like, is there, is there any like actual physical evidence that to describe what I'm feeling? 'Cause I don't, I don't know how to explain it.
- 37:27 RTH: We think the answer to that is not, not much. Because in order to do that, you need to do the kind of study that we're doing right now. [Ryan: Mm hm.] And there are very few studies, studies like that. There are a lot of studies of the physiology of emotion, and there are a lot of studies of basically general senses of emotion. [inaudible] So the subjective, "Well, I feel embarrassed." And then we could ask what... A lot of studies try to ask: what is the physiology that goes along with people who say that they're embarrassed. But the actual nitty gritty of what that experience is, like what we're trying to figure out right now, those studies are rare or nonexistent.
- 38:04 Ryan: Yeah. I don't think I could explain the physical sensation any farther. I'd have to, it'd have to happen again. And I'd have to like, actually think about it at that moment. It happened too long ago for me to, to actually answer these questions.
- 38:04 Russ comments: Again, a perfect response as far as we're concerned.
- 38:17 RTH: And, and that's, that's why you have, why, if you really are interested in the experience of anything, of anything actually, but of emotion, you have to do this thing, kind of thing repeatedly. [Ryan: Mm hm.] So the now Ryan presumably is, *wow! I wonder what that feeling was like? I should pay attention to that!* [Ryan: Yeah.] And then next time you'll be better at it. And, uh, and there's no short circuiting, no short cutting that.
- 38:43 Ryan: Yeah. I just think that the bigger picture of this is like the daydream just encompassed verbal, visual feeling. It was a very like [Alek: Mm hm.] inclusive experience where just like it was, I was, I was very in it, [Alek: Mm hm.] very taken away from paying attention to the lecture and like really just like experiencing this moment to like its fullest [inaudible]. Yeah.
- 39:12 AK: Uh, then I just want to ask about the verbal portion. So I know the words, [Ryan: Mm hm.] and I get what you're saying. How do you experience them?
- 39:21 Ryan: It's, it's in my word. It's, it's normal pacing. Uh, just however inflection, I would say it in real life. Um,

- 39:32 AK: And do you experience yourself *speaking* them? Or do you *hear* yourself say them? Or both, or doesn't make sense?
- 39:40 Ryan: [inaudible] differentiate this last time. And I kind of misinterpreted like the, the tape recording. So like I didn't initiate this. It was a daydream, so it was all just like coming out naturally. Um, and I guess I was *saying* them, but like, I, I didn't initiate it or *try* to say it. It just like, my daydream took me there.
- 40:07 AK: Um hm. And so you said, "I guess I was saying it." Does that mean I *experienced* myself as *speaking* the words, but I don't really know where they're coming from. They're just, it's not like I thought about it. They're just coming out? Is that... [Ryan: Yeah.] Okay. So my experiences of *speaking* them, but I don't have the, the *initiation* thing. It's...
- 40:26 Ryan: No. Yeah. So like sometimes I can initiate it, sometimes it just happens.
- 40:35 AK: Okay. So I *see* this kind of situation; I innerly say to the preceptor "bun, I mean B-U-N. Sorry, I'm working on that." And I feel embarrassed. And all of that is kind of this simultaneous little imagining of what this might be like.
- 40:52 Ryan: Yeah. [Alek: Okay.].
- 40:53 RTH: And the visual aspect is not very differentiated.
- 40:56 Ryan: Not very differentiated. It just kind of set the scene and I knew where I was. And I don't know what came first, the chicken or the egg. I don't know if there's the visual first or if me feeling the emotion came first...
- 41:10 RTH: Don't know, don't care! [Alek: Yeah. Right.]
- 41:12 Ryan: Okay. You just care about the beep.
- 41:14 RTH: That's right!
- 41:14 AK: Great. I'm good.

SAMPLE 3.5 DISCUSSION STARTS HERE

- 41:18 RTH: Number five?
- 41:19 Ryan: Alright. I only got five by the way. So this is the last one. Um, I was looking at an EK, uh, an EKG, and my mind started to wander when I was looking at it, um, about how I need to go to the grocery store. Um, I was feeling hungry and saw a vague visual of, uh, the parking lot of the grocery store that I was going to go to. So I was looking at like a visual in my book of an EKG, and then it started to wander and I thought about grocery shopping.

- 41:58 RTH: So is the looking at the EKG then slightly before the beep and gone at the moment of the beep? Or is it still there?
- 42:07 Ryan: Um, it's, it was before the beep, but it's, it's present. It's, it's, it's present in my brain at that time that, that I'm looking at an EKG while simultaneously, I feel... Go ahead.
- 42:21 RTH: So the, so what's in your, what I believe that you're right about it being in your brain, but that's not, the *brain* part is not what we're interested in. We're interested in your *experience*. So I'm, I'm accepting that your eyeballs are aimed at the EKG, and your brain is somehow processing the EKG. The question is whether that is in your direct experience, right at the moment of the beep, or whether you have left that in favor of the grocery store.
- 42:21 Russ comments: This is, of course, practice in bracketing presuppositions: setting aside any theory about brain functioning in favor of sticking close to experience.
- 42:46 Ryan: So I left it, um, so like it, obviously I was looking at it, but it wasn't what I was experiencing. I wasn't thinking about the EKG anymore. I wasn't even like looking at it as in, like, I can analyze it in that, in that while the beep went off, I, I wasn't analyzing it or looking at it, like in like a, a way where I was, I was trying to like read it, you know?
- 43:12 RTH: So does that mean that as far as your experience is concerned, it, it's, might as well just not be there *at all*? Or does that mean that I still have *some* experience of it; it's just pretty low grade or low level or something?
- 43:24 Ryan: Uh, if it is there, it's, it's, it's very low.
- 43:29 RTH: Okay. And that's a good answer. [Alek: Mm hm.] So, so we, I don't think we can ever distinguish between never, not there *at all* and [inaudible] [Ryan: I don't....]. You can't figure it out. When you get down in the weeds, that's just, just as far as you can go. [Ryan: It wasn't (inaudible).] So then there's the thinking about the grocery store. And when you say I was thinking about the grocery store, is that, um, um, a marker for, *I feel hungry and I see the parking lot*. That's what I mean by *thinking about the grocery store*? Or do I mean, *I am experiencing some kind of a thought about the grocery store and feeling hungry and seeing the parking lot*.
- 44:12 Ryan: I was hungry first, before the beep went off. I was hungry. And the feeling of hunger brought the image of the parking lot of the grocery store.
- 44:24 RTH: And do I still feel hungry at the moment of the beep? Or is that gone as well?
- 44:28 Ryan: Yeah, no, I still feel hungry at, at the moment the beep.
- 44:30 RTH: And so at the moment of the beep, there's at least two things going on: I feel hungry; and I see the parking lot. [Ryan: Yep.] Is there anything else experientially going in?
- 44:41 Ryan: Um, just the fact that I know, I know that I have to go grocery shopping [inaudible] first few beeps, but go ahead. Sorry.

44:50 RTH: Is that, is that knowing that you have to go to the grocery store in your experience?

44:55 Ryan: Can you, um, just define “in my experience”? Just, just to give me like, like, I feel like I don’t have a proper definition of that.

44:55 Russ comments: First, I wish the reader to notice the remarkable nature of this question. We and Ryan have spent nearly three hours together talking almost nonstop about what is and is not experienced. Prior to that, Ryan had interviewed us for another hour about experience. Furthermore, he has watched some of the Lena interviews, which were largely about discriminating experience from theory, and so on. *And still he needs to ask for a definition of experience!*

Second, Ryan asks a very good question. It means (a) that Ryan is not merely going through the motions—he’s trying hard to get to the experience we are requesting; (b) that he is recognizing that we haven’t yet connected on this important issue; and (c) it is a sign that his presuppositions about experience are starting to crack.

Third, it is not unusual for DES participants to have fundamental questions on the third (or later!) sampling day. With Lena, for example, we were still wrestling about what is experience and what is theory a half-dozen days into sampling. Presuppositions die hard, and they take their definitions with them.

Fourth, most non-DES experience sampling uses as the entirety of their training about experience a statement such as: “Pay attention to your experience that was ongoing at the moment of the beep,” apparently on the assumption that what is experience is manifestly obvious. Ryan’s question demonstrates the enormous inadequacy of such training.

Fifth, all this demonstrates the folly of merely giving a dictionary definition of “experience.” Ryan knows full well what Webster says about experience—that’s not the issue. The understanding of what is and what is not in Ryan’s experience has to come from Ryan’s own history, as RTH will now try to do.

We reemphasize that none of this is a criticism of Ryan’s intellect, attention, or anything else; this is how the DES process *has to go*. If you’re interested in getting experience in high fidelity, you have to be willing to dredge slowly (seemingly crawling sometimes) through the mud of these basic but woefully taken-for-granted distinctions. So we are delighted to hear Ryan’s 44:55 question. It means we’re on the right track.

45:03 RTH: Well, for example, in the first beep you were thinking something about rich guys look better ‘cause they’re rich, or something like that (I don’t remember exactly what that was about—old, old rich guys look younger or something like that). And, and that, I, I understood you to be saying, “this is *directly* in my experience.” I’m *thinking* that at the moment of the beep. This is not just some abstract notion that is going on in my brain cells somewhere. This is directly in front of the footlights of my consciousness. *I am thinking that old guys look better if they’re rich.*

45:39 Ryan: I think that that’s where, we’re where the, the issue is. It’s definitely an *abstract thought*. That that one is more of an abstract thought that’s going on.

45:53 RTH: So let’s partial out the word “abstract.” [inaudible].

45:56 Ryan: How can I, how can I know these, this, this thought, if it's not like verbal or visual, like, how... I don't understand how that's possible to be in my experience, but not like in my experience.

45:56 Russ comments: This exchange, which lasts until 51:37, is a beautiful thing to behold. Ryan has a question that goes deep beyond his understanding of himself and the world, and beyond his ability to express himself, yet he asks it anyway: How is it possible for something to be in experience and yet not in experience? He asks it with passion. (You might notice that, around 46:07, both Alek and RTH are beaming as they listen to Ryan wrestle with this new possibility).

The answer to that question does *not* lie in providing definitions of terms. If it is to be answered, it has to be answered on a level more basic, more fundamental, more exciting than a mere vocabulary lesson.

46:11 RTH: So, so that's a great question. [Alek: Mm hm.] And it's at the heart of what it is that we do. So the, the question is, *Is it* in your experience? Not *How could it possibly be* in your experience? And, uh, and I gathered at the first beep that this was *definitely* in my *experience*. This is what I was thinking about. I was, I was at this at this time, thinking about how rich guys can end up looking younger, *even though* I had, I had very much trouble putting it into words. It wasn't in words at the time. And describing it was hard to put into words. But I didn't, in the first beep, I didn't have any doubt that you were saying that this was directly in my experience. So did I get that wrong?

46:54 Ryan: Now I'm completely redefining everything. [RTH: Good!] So it was, like, [sighs in apparent distress] I, is me translating something out of my experience? So if I have that, that, that thing, and then what I wrote in my notes, I had to like translate it to like it being actually something I could talk about. So is that still in my experience?

47:24 RTH: So let me... Instead of... Let me, let me come *back* to that question, if I can, and ask a different question first, which might... So in the, in beep five, the one we're talking about here, I know I need to go to the grocery store. In beep one, I know that old guys look better if they're rich. Do you mean "know"... What is... Does the word "know" (K-N-O-W) have the same meaning in those situations?

47:52 Ryan: Yes. Yes, but it's not like I had to consciously think about the, the fact that like rich people look younger. Like, it's just like something that it's, it's just something that I know from experience that I've seen in the past. But it wasn't like, I didn't think about how cer, I didn't think about certain people that look younger that are, that are rich. That makes sense?

48:23 RTH: That makes sense, but it's not the question that I think is the, what we're trying to wrestle to the ground here. *And* I would say the fact that we're trying to wrestle to the ground is perfect, as far as I'm concerned. This is, this is what I think is interesting to try to try to figure these things out. [Ryan: Okay.] So the word "know" (k-n-o-w) has a lot of different meanings. So for example, I'm (I think I used maybe last time) that the, I know that the Potomac river goes around Washington DC. And I, and I know that that,

uh, there were riots in Washington and elsewhere. And I know a lot of other stuff that is not directly present in front of the footlights of my consciousness. Now that we're thinking about the riots, well, I can, I can say *now* that that's in front of my consciousness. But I haven't thought about the riots *at all* in our conversation here, even though it's been true all along that I know that there, that the riots existed. So the, the question of experience is, is not just a *knowing*; it's a *knowing and having something be directly present*.

- 49:29 Ryan: Yes, it was, it was in the footlights of my consciousness at that moment of the beep that older people, when they're rich, they look younger. That that whether it was visual, verbal, or whatever, that notion was present at that moment. Does that answer?
- 49:48 RTH: That's the way I understood it. [Ryan: Okay.] And now the question is, is that true about the grocery store as well?
- 49:54 Ryan: Yes. [nods vigorously in the affirmative]
- 49:56 RTH: So there is some kind of a before-the-footlights-of-consciousness recognition that, uh, I gotta go to the grocery store.
- 50:02 Ryan: Before it did not happen. Like I, I, I had no, no thoughts about the grocery store. And then when it beeped, I was thinking about having to go grocery shopping.
- 50:20 RTH: Okay. [pause] So does that mean that in our, in our timeline here, [gestures before the schematized beep] I'm listening to the lecture. [gestures before the schematized beep] I feel hungry. [gestures at the beginning of the schematized beep] I think I oughtta go to the grocery store and the, and the, that gets caught in flight by the beep?
- 50:37 Ryan: So when the beep went off, I'll explain everything that was happening when the beep went off. So when the beep went off, I was feeling hungry. I was looking at something, *not* in the footlights of my consciousness (now we got that, got that out of the way). [RTH: Okay.] And um, and I was also visualizing the parking lot of the grocery store. So it's not like the image disappeared. Like obviously my eyes still work, but was not, I had no thoughts about the, the EKG in front of me. [RTH: Got it.] Okay.
- 51:15 AK: *And* from that list, no thought about, *I need to go to the grocery store*. I *know* that on some level, but it's not [Ryan: Perfect.] before the footlights of consciousness. I *see* the grocery store, but I'm not also thinking *I gotta go to the grocery store*. Is that right?
- 51:30 Ryan: I think the, the visual and me being hungry was that. [RTH: Got it.] [Alek: Got it.]
- 51:40 RTH: Then the visual, I see the grocery store. What do I,
- 51:46 Ryan: It's actually the parking lot... So it's a plaza of a bunch of different things. And it's an area of the parking lot that's not even directly in front of the grocery store. It's, it's on the completely opposite end! But it's, for some reason I, it's associated with my hunger

and, and the grocery store without actually having to think about the grocery store or seeing it.

52:16 RTH: So let me make sure I understand that. So I am seeing a parking lot, which is in the shopping center where the groceries, in reality is in the shopping center where the grocery store is, but is not contiguous to the grocery store. And yet in my experience, I see the grocery store shopping parking lot.

52:35 Ryan: Yeah. In my experience they're associated. So it's not... It's in front of a completely different place, somewhere that I go. Um, but it's, it's, so I guess maybe that's why I was seeing that it's because it's, it's something that, that I've seen multiple times. So that's why the memory is so good. Um, but it was, it was completely on the other end of the grocery store, but I knew that it was associated with the grocery store.

53:04 RTH: So in your direct experience, do you see this parking lot as *associated* with the grocery store? Or do you see this as the *grocery store parking lot*? Even though in reality, it's not really the grocery store parking lot.

53:18 Ryan: I don't.... It almost like neither. It's just, it's, it's just something that is like, I'm seeing I saw in the beep. Like I can visualize it right now. It's, it's I don't know how to explain it. What was your question again?

53:36 RTH: So when you said, if I'm recalling correctly (we can rewind a transcript and see), but if I recall correctly at the outset, you said, "I see the grocery store parking lot." And *now* it turns out that what you're *seeing* in *real* life is not really the grocery store parking lot, it's so down the street from the grocery store parking lot.

53:57 Ryan: Yeah. Technically it's the, it's the same parking lot. It's just huge. [RTH: Okay.] And it's, it's, I wouldn't park in this area if I was going to the grocery store. I would park in this area if I was going to the store that's in that area.

54:12 RTH: So there, so the reason that we're having this conversation is it's, it's part of the same thing that we, when we've been worrying, worrying our way through quite a long, quite a lot of time. And that is that experience is *not directly related to reality*. It's just not! And we've got to keep reminding ourselves of that. So I can see this parking lot and I can experience it as the grocery store parking lot, even though in reality, it's at the other end of the shopping center from there, from the grocery store.

54:40 Ryan: That's what's happening here.

54:41 RTH: Okay. And, and, and it's an important deal to keep experience (especially for us, I guess, but maybe in real life too) the, to keep the difference between experience and reality. They're, they're *not* the same thing! [Ryan: Yeah.] Okay. So I see the parking lot. And do I see it clearly?

55:04 Ryan: Uh, more vividly than the hospital that I was in. Like, I, almost like I could see cars in the parking lot. I wouldn't be able to tell you what color they are like right now, based on the memory. I didn't like write down everything. [RTH: Right.] But I'm sure if you

beeped me in the moment, I could probably pick out colors of cars to that like level of [inaudible].

55:26 RTH: So I see, I see a well differentiated parking lot [Ryan nods affirmatively] with cars. And people? Stores? Or just cars?

55:32 Ryan: it was, it was almost like a picture. There's no movement or anything. It was, I didn't see any people, just a parking lot. [RTH: Okay.]

55:41 AK: And from what perspective?

55:43 Ryan: I could like draw you a picture of it, if I wanted to. Like I was... So the, this, this area of the parking lot is where I would park to go to like, um, uh, a wine store to buy wine. And it was facing the other way. So the store would be to my back. [Alek: Mm hm.] So it's like I'm walking out of that store and like looking out into the parking lot.

56:10 AK: And from like the height and whatever, like, uh, of you, or a person standing in the parking lot? [Ryan: Yeah.] It's not like, I'm, it's not like an aerial view or something?

56:18 Ryan: Yeah, no, it would be something that I would see with my own eyes.

56:21 AK: Okay.

56:25 RTH: And then there's the hunger. I feel hungry. [Ryan: Mm hm.] What does that feel like?

56:31 Ryan: Um, just in my stomach, I feel like I, yeah. Back to trying to describe feelings again! Um, it's, I'm sure it *has* to be similar to what you guys feel like when you're hungry. I can't imagine everyone feels this differently. Um, just my, my stomach felt empty. Um, and I, I knew that if I ate something, that feeling would go away. That's all I got. I can't, it was in my stomach. It didn't hurt. It was, I don't know. [Alek: Good.]

56:31 Russ comments: The experience of hunger actually varies quite a lot across people, but we're 57 minutes into this interview...

57:12 RTH: So stomach-y sensation that I know is hunger. [Ryan: Yeah.] Alright, I think I'm good.

57:19 AK: Yeah, me too. [Ryan: Alright.].

57:22 RTH: And, and, and you're doing great. Y'know, we [Alek: Really.] we, uh, we are con, confrontational, I guess you would say, that we want to make sure that we understand exactly what you mean. So when you say something that we find ambiguous, we're gonna [inaudible] it, try and nail it down. But that's not a failing of, of yours or a peccadillo of ours. It's, it is the way this process has to go if we're really going to understand you.

57:50 Ryan: Is there anything I could do better to, to improve just like my explanation of things? Or...

57:57 RTH: I think you're doing great. I have absolutely no suggestions.

58:01 Ryan: I think my brain is unique. I don't know. It seems, it seems pretty clear that you're, that you're trying to get it right, and, and, uh, on your terms for your experiences, and I, I don't see how we're gonna help you do that better. Other than to ask the kind of clarification questions that we've been asking. [Alek: Right.]

58:23 Ryan: Alright. Sounds good.

58:25 RTH: So, we gonna do this again? [Ryan: Yes.] Alright [inaudible]

58:28 Ryan: I, I don't know if you could tell, but I, I, I enjoy explaining my thoughts. There's not many people that you could go up to and start talking about how your brain works. It's, it's, it's pretty, it's pretty unique experience.

58:42 RTH: Well, good. And, and I've, I don't know whether *you* can tell, but we (and I'll speak for myself--Alek can speak for herself), I enjoy hearing... It's two things. I enjoy hearing what people's experiences are like. That's, that's genuinely interesting. And I also enjoy the *asking* of it, because it's a, it's, it's like a crossword puzzle of your own, our own private, three dimensional, crossword puzzle that we're trying to figure out. And that is a intellectual, visceral, whatever kind of challenge that it is. So it's an enjoyable process in a lot of different ways (for me). [Alek: (inaudible)]

59:18 Ryan: Do you, do you ever feel like you talk to people, or do this experiment on people, and they just lack the inability to understand how their brain works? Like they can't comprehend their own thoughts? Like they're, they just can't put it into words or not even that they just, they're just not in touch with their own thoughts. Does that make sense?

59:38 RTH: We have sampled with a few people that have no inner experience at all. So who would, who would never say "I have words," and would never say "I have visual images," and would never say "I have feeling," and...

59:50 Ryan: [apparently incredulously] Do you believe them?

59:52 RTH: [matter of factly] I believe them, yeah. [Alek: Mm hm.].

59:53 Ryan: Yeah. Kind of must be boring.

59:58 AK: Well, they don't seem bored, and they seem like totally [laughs], they're totally normal people and that they at least, you know, they don't have the experience, experience of the kind that we are capturing by DES, but there might be other better, different ways to do it that would somehow tap into what goes on for them, if there is something else. But by our standards, there are people who don't have experience. And they'll give you a lot of, well, I was doing the laundry, I was doing this, but I can't really *say* what's in my *experience*.

1:00:28 Ryan: Do you feel like that they live more like outside of their body than they do like internally?

1:00:38 RTH: Well, there aren't many of these people, so it's hard to generalize, but I can think of, I can think of a few who were pretty high level people that, y'know, who would be the doctor in your community, kind of a guy. And you really couldn't, you wouldn't tell from the outside.

1:00:53 Ryan: So it's not associated with intelligence, based on your personal experience?

1:00:57 RTH: I don't think so.

1:00:59 Ryan: Alright. Cool.

1:01:03 RTH: Alright. So you all are going to figure it out when we're going to do this again and let me know. And, uh, yeah. And I think I'm good. Thank you very much.

1:01:12 AK: Thanks Ryan.

1:01:12 Ryan: Alright. It will be sometime next week.

1:01:14 AK: Sounds great.

1:01:15 Ryan: Alright, have a good one. Bye guys.

1:01:17 AK: Bye.