

TRANSCRIPT WITH COMMENTARY

A Case of Face Blindness

Sadie Interview 0:

How to Use the Beeper

Below in black is a word-for-word transcript of the February 22 interview with Sadie that is available on YouTube at <https://youtu.be/dvVZedl0vIk>. 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

Sadie = Sadie Dingfelder

Sadie has received the DES beeper in the mail. Here Russ explains the operation of the beeper and describes the DES sampling task.

0:01 RTH: So I think I'm good. How are you doing this morning, or this afternoon, or whatever?

0:06 Sadie: I'm doing well. It's like very dreary and drizzly and icy here, but so I haven't been outside, but

0:14 RTH: Could be, you could be in Texas [a reference to the recent ice-storm there].

0:21 Sadie: Yes! Oh my gosh!

0:21 RTH: And you said you have a beeper.

0:23 Sadie: I got my beeper. Did you make this with your own two hands?

0:27 RTH: This one I participated in the making. I didn't make I, well, I, I actually built the, the physical beeper, but I didn't, uh, build the, uh, well actually I put the software inside it. I didn't just go the hardware that's inside it. I had that, I had that made.

0:49 Sadie: Cool. I'm excited to wear a beeper. Who wears beepers these days? Probably surgeons, people will think I'm an important medical person.

Bracketing presuppositions

0:57 RTH: And now, nowadays there so many people with things in their ears that doesn't matter, it doesn't much matter anymore. It used to be that it was a source of stigma or something, [Sadie laughs] but not, nowadays not. So our, so reviewing what we're doing here is basically we're gonna take a stab at looking at the inside of your experience from, with basically no holds barred. You've written that you're a face-blind or something. And, uh, and, and maybe you are, maybe you're not, we're gonna, we're gonna set that aside, which was to say, I'm, I'm not disbelieving that. Um, but I'm neither am I believing. I would like to see what your experience is like, regardless of

whether you had ever said that. And regardless of whether anybody could ever, evaluate you for that and, uh, and sooner or later we might find out something interesting in that regard. [Sadie: Okay.] And so are you still on board with that?

1:57 Sadie: I'm totally on board. Yeah, absolutely.

2:00 RTH: And, and I think our contract has to be something like, we should try to be honest with each other, because that's really where the, where the world gets to be interesting is if, if we can get a glimpse of your inner experience, the way your inner experience actually is, regardless of any preconceptions that we might or might not have, if we do the best job we can, we can do about that, then I think that's genuinely the interesting and important, important part of the whole deal.

2:30 Sadie: Yeah, totally agree.

2:32 RTH: So our task today is to talk about wearing the beeper and what to do once you got, once you got the beeper in. And is there anything that we should be talking about before we do that?

2:44 Sadie: I don't think so.

Using the beeper

2:46 RTH: Alright. So you got a beeper and you got an earphone or two. And I think, I think in one of those earphones, I attached the hook that goes behind your ear. So in a, in one of the bags, one, the bags I opened and put that, put that thing on as if you were going to wear it in your left ear. I don't really care which ear you wear it in. You've got a preference for that?

3:07 Sadie: No. So it doesn't make an out, out-loud beep? It's a, it's a beep in your, it's a beep uh, through headphones?

3:16 RTH: Well, the beeper itself does make an out-loud beep, but I don't want you to use that. [Sadie: Oh!] The, uh, what I, what I, what, I'm pretty sure of, I've actually, having done this now for 30 or 40 years, or however long I've done it, is that we need a signal that has a very rapid [snaps fingers] rise time. And so there's gotta be no doubt about when the signal begins and when it doesn't begin. [Sadie: Okay.] Because if you're thinking "well, is that at the beep? Is that the beep? Is that the beep? Beep oh yeah! That's the beep." Well, by then your inner experience has been screwed up. [Sadie: Okay.] So we need, we need to, so to speak, *inject* your inner experience, inject the beep *into* your nervous system in as efficient a way as we can. And that means...

3:58 Sadie: Alright. I've got the beep, the headphones.

3:59 RTH: ...that means using the headphones. [Sadie: Okay.]

4:03 RTH: And, uh, so there, there's a big part of me that wishes that when I had designed this beeper, I had not put an onboard speaker on it because people, people like to use the onboard speaker, but it makes it, it makes it *less* effective.

4:18 Sadie: Okay. Yeah. Cool. So I've got it.

4:22 RTH: So between you and me, let's use, let's use that. [Sadie unwinds the earphone wire.] Uh, and the hook that's on that earphone is designed for your left ear. And if you would rather wear it in your right ear, we can take it off and put it back on. But the hook is a *little* tough to put on. You've got to...

4:37 Sadie: I'm happy with my left ear.

4:38 RTH: Okay. And the hook itself is a little bit pliable. So once you get that in there, you can bend the hook to conform to your ear so that it doesn't feel too floppy. [Sadie: Okay.] And, and the wire for the earphone, you can do with it, whatever you want. A lot of people would, would prefer, learn actually, that they prefer to run it inside their shirt, [Sadie: Um hmm.] because then it doesn't snag on the doorknob when they walk by or whatever. But, but I don't really care about that. That's, that's between you and your earphones, basically. [Sadie: Cool.]

5:12 The object is to make it, uh... What we would *like* is for you to forget that you're wearing the earphone, so the less that you have to deal with the earphone, the better. So we want it secure in your ear, [Sadie: Um hmm.] and we want the wire to be sort of out of the, out of the way. [Sadie: Awesome.]

5:29 Because really what we would like to know, we would like to know about Sadie's inner experiences if she *weren't* wearing a beeper. We'd like to know about her totally natural inner experience. But that's, but that's, [Sadie's cat climbs into view.] Hello! But that's not possible because we need to identify exactly which in, inner experience that we're, that we're trying to, we're trying to discuss. [Sadie: Yeah.]

5:54 So you've got an earphone and you've got a beeper, and you plug the earphone into the beeper. But for the moment let's *unplug* the beeper so that we can hear, so we can hear whether the beeper is doing what it's supposed to do. So let's unplug the beeper and you turn the beeper on by twisting the wheel that's on the top of it. [Sadie: Okay.] And that's the beep. You just heard the beep. [Sadie: Okay.] And then you stopped it by pushing the white button, I think. [Sadie: Got it.] So why, why is it, why is the beeper, why is the beep coming on and going off?

6:28 Sadie: Why was it going off? [RTH: Yeah.] I don't know. I just turned it on and it was making a doooo sound.

6:34 RTH: Turn it, turn it off and turn it back on again.

6:36 Sadie: Okay. Turn it off. Turn it back on. Wait. Okay. By moving the wheel. [holds the beeper up to camera]

6:49 RTH: Now turn it on and leave it on. [Sadie does so.] That's good. Okay. Now shake it a little bit because don't touch it. [Sadie: Okay.] Is the beep still going? [Sadie: Yeah.] So I can't hear it. Does it is the one solid beep? [Sadie: Yeah.] Okay. So Skype is filtering that out.

Like, like Skype is saying, “I don’t really care about that noise. I wanna, I wanna hear Sadie’s voice.” [Sadie: Got it.] The beep is one solid beep? [Sadie: Yeah.] Okay, good. That’s what, that’s what it’s supposed to do. [Sadie: Okay.] And it’s supposed to keep beeping like that. You’ve got the, the wheel is a volume control, so you can turn the beep up and down. And I’ve just lost your video. You still there?

7:30 Sadie: Oh, no, I’m back. Yeah. It was another call, but I’m back.

7:35 RTH: Okay. So you can adjust the volume with the, with the volume control. [Sadie: Okay.] And the, and the object is to get it to a comfortable volume so that it doesn’t *scare* you [mimes a jolt], but it’s also not so soft so you think, “Well, is that the beep? Is that the beep?” [Sadie: Okay.] And so if you move from environment to environment, you would, you would want to check to see what the volume is. So now is it still beeping? [Sadie: Yes.] Push the white button and now it stopped. [Sadie: Yeah.] Okay. I can’t hear any difference. So I can’t, I can’t hear the beeper. So Skype has done a good job of filtering out the background.

8:07 Sadie: Good job, Skype.

8:09 RTH: So if you want to check the beeper, you can push the white button down and hold it down. Hold it down, keep, hold it down.

8:19 Sadie: Yeah. Now it’s a broken beep.

8:19 RTH: Yes. A square wave, kind of a square wave, kind of a deal. [Sadie: Yeah.] The purpose of that is to make sure that the beeper is working. So if you’ve been, you’ve worn the beeper for a while and you can, you’re wondering whether you’ve turned it off by mistake or whatever, push that button and, and, uh, and, and it’ll have that square wave beep. And you can adjust the *volume* on that beep, too. So if you go from your car into the library or whatever, then, then you’re gonna want to adjust the volume so that it doesn’t startle you. [Sadie: Okay.]

8:53 So I guess... So that’s sort of the mechanics of the beeper. It’s a pretty straightforward beeper. I’ve built more complicated beepers in my time, but this is, this is the straightforward-est beeper.

9:12 So I want you to hear one more, one more, one more noise that the beeper that the beeper makes. So turn it off and turn it back on again. [Sadie: Okay.] And now it’s beeping. And leave it and let it beep. [Sadie: Okay.] Now let’s... Is it still beeping? [Sadie: Yes.] Okay. Let’s leave, let’s let it continue to beep. Plug the earphone in so you, so you can’t hear the beeper either, and take and take the earphone out of your ear. [Sadie: Okay.] So now it’s continuing to beep? [Sadie: Uh huh.] Let’s just set that aside for a while, ‘cause I wanna, I want you to hear what happens after a minute. So it’s, it’s going to continue to beep. It’s beeping right now. [Sadie: Yeah.] And so the beeper thinks that Sadie has forgotten about me. She was taking it off and she’d set it aside, and after a while it’s going to go into what I call the “chirp mode.” And I want you to hear what a chirp is, [Sadie: Okay.] what to do and what to do about it. So let’s just set that aside and talk about what you’re supposed to do under normal, under normal circumstances.

10:14 RTH: So we're gonna decide sometime today, or we can do it right now when, when you're gonna, when we're gonna meet again. [Sadie: Okay.] And, uh, and let's say, we've decided we're gonna meet on Friday. [Sadie: Okay.] Is that good, by the way, meeting on Friday? [Sadie: Yes, that would be great.] So let's say we're gonna meet on Friday. What, I would like you to wear the beeper either on *Thursday* or on Friday morning, [Sadie: Okay.] and wear it for as long as it takes to get about six beeps, which is gonna be *about* three hours. [Sadie: Okay.] It's random, and I don't pick what time, what time the beeps beep, and you don't pick what on the beeps beep. So the beeper basically makes up its own mind about that. [Sadie: Okay.] And so it could be that you'll get six beeps in two hours and it could be that you'll get six beeps and four hours, but it's gonna take more or less roughly three hours to get six beeps. [Sadie: Okay.]

11:02 RTH: And there was nothing magic about six. Six is what we can talk about in an hour, usually. And, uh, but if we only have five, that's fine. And if we have seven, that's fine, too. [Sadie: Cool.] So we wanna get about six beeps sometime on Thursday or Friday morning. [Sadie: Okay.] And the reason for Thursday or Friday morning is that we have found that people are pretty good at talking about beeps if they, if they occur within about the last 24 hours. If you've slept on beeps twice, [Sadie: Yeah.] then they, then, then you forget about the details of the beep. [Sadie: Yeah.] So the more recent, the more closer to the, our conversation, the better. [Sadie: Got it.]

11:42 So you're gonna, you're gonna put the beeper on, you're gonna turn it on. It's gonna come on beeping, and you're gonna press the button to stop the beep. You're gonna stick the earphone in your ear, and then you're gonna do whatever it is that you would've done for the next few hours anyway, as if, as if you were not wearing the beeper. [Sadie: Okay.] And of course you *are* gonna be wearing the beeper, and on the first day, you're gonna *remember* that you are wearing the beeper. But pretty soon you'll get bored with thinking about the beeper and you'll be doing whatever it is that you're doing. [Sadie: Um hmm.]

12:08 And when the beep occurs, [snaps fingers] at the moment or the beep your task is to try to freeze, so to speak, to your experience that was ongoing right then at that moment, [Sadie: Mm hmm.] whatever that is. And that might, what y'know, if you're walking down the street and you see the bird well, and maybe that's all you're doing is I'm seeing the bird. Or I might be saying to myself, y'know, whatever, whatever, whatever happens to grab your experience at, at that particular moment. [Sadie: Okay.]

12:37 And I don't, I don't wanna tell you what to look for, because I have no idea what's gonna be in your experience. And even if I did, I, I wouldn't wanna be polluting the process, basically. I would... I'm interested in what your experience is, and I don't want you to be looking for what you think I'm looking for! [Sadie: Okay.] Because (a) I'm not looking for anything in particular; and (b) even if I were, I wouldn't want you to know that I was looking for it. 'Cause I wanna find out about Sadie's experience as it is.

13:04 So the beeper beeps. Your task is to freeze your experience as best you can, stop the beep, and then jot down in a notebook, which I think I sent you, did I send you a notebook? [Sadie holds up the notebook.] [Sadie: Yep.] Okay, good. Jot down in the notebook or on your phone, or however you wanna do it enough notes that you can, that, to allow you to remember what was going on in the moment of the beep. And I don't, I don't provide *rules* for how to take those notes. And I probably will never look at them. The notes are between you and me/ you—excuse me, between you and *you*, so

that *you* can remember what was going on at the beep. [Sadie: Um hmm.] And some people find that they have to write down a whole page worth of stuff. And other people write down a sentence. Some people draw a picture. And some people use one word and they can remember. And whatever. The object is for you to develop the *skill* of jotting down what you, what *you* need to know in order to remember with high fidelity what was going on at the moment of the beep. [Sadie: Okay.]

13:04 Russ comments: Note the *lack* of standardization of the process. DES avoids standardization for four reasons. First, DES believes that standardization is always a chimera. Standardization is generally held to be a virtue in psychology experiments: investigators typically present participants with exactly the same instructions and/or procedure. However, identical *presentation* of instructions and procedure in no way guarantees or even suggests identical *reception* of instructions and procedure. It is the *reception* of the procedure that is actually important. DES takes that seriously, and therefore (a) presents instructions and procedure in a conversational, interactive setting, constantly checking back with the participant to see how she understand it; and (b) refines the instruction and procedure iteratively across sessions, after it can become apparent exactly how the participant is actually approximating the procedure.

Second, DES acknowledges that the best way to perform the experience-apprehension task might vary from participant to participant, and the DES investigator does not presume to know the best way to proceed.

Third, DES takes seriously the participant's role as co-investigator. By acknowledging, early in the process, that the participant is not merely a passive responder but is expected to bring their creative problem-solving to bear, we genuinely demonstrate that the participant has actual responsibility for the outcome.

Fourth (in some ways a summary of the first three), standardization of procedure destroys the possibility of high-fidelity apprehension of inner experience. A standardized procedure at best works as desired for only a subset of participants.

14:13 [continues] And then, so that's one beep. And then you go about your business, whatever it is that you've been doing. And five minutes later, or 45 minutes later, or 17 minutes later (it should be within an hour; the beeper is set to not have more than an hour in between beeps) some sometime along in there, it'll beep again [Sadie: (sneezes) Excuse me.] Gesundheit. And your task is to do exactly the same thing again, [Sadie: Okay.] which is to say jot down or freeze, freeze what was going on in your experience and jot down notes again. So you're gonna do that six times. And you're gonna, you're gonna jot down notes about six experiences. And then on Friday, we're gonna meet and talk about it.

14:59 Sadie: Do I write down the time or anything? Or that doesn't really matter.

15:02 RTH: It doesn't really matter. Some people write down the time and which is, which is fine with me. I don't, I don't try to make the task any more complicated than it has to be because I wanna get at your experience. And I don't want you to be worried about anything else. [Sadie: Okay.] And if you would *like* to write down the time, by all means, write down a time. If that's what seems natural to you, write down, write down the time. *I'm* interested in your experience. And I want *you* to develop whatever skills you

can in order to be able to capture that experience and tell me about it. And other than that, I don't care about anything. [Sadie: Okay.]

15:02 Russ comments: This is a conversational application of the considerations described in the previous (13:04) comment.

15:40 RTH: [continues] So now I think the beeper is probably... [Sadie: Oh yeah!] So without touching the thumb wheel, just pull out the, pull out the earphone. Nope. Don't put it in your ear. Just unplug it. And so now let's just, let's just wait a little bit. And the thing is gonna chirp. [the beeper chirps] That's a chirp. That's not a beep. That's a chirp. [Sadie: Got it.] And what that says is, "Sadie, you forgot about me. You didn't turn me off. You set me aside, I'm gonna save my battery. And so I'm gonna chirp every half a minute or so, just to remind you that, um, I'm, I'm still here." So when that happens, turn me off, turn the beeper off, [Sadie does so] and turn it back on again. And push the button, and then you're back in business. [Sadie: Got it.] So the chirp is just a power-saving deal. The machine does not require very much elect, very many electrons, I guess, except when it's beeping. And so the risk would be that the beep would start and it would be for a long time and that would run the battery down. [Sadie: Got it.] But what I *don't* want you to do is to try to respond to the chirp as if it were a beep, [Sadie: Um hmm.] because then you'd be responding to a beep, and a half a minute later another beep, and half a minute later another beep. But that's a bad deal. [Sadie: Got it.] So if you hear the chirp, just turn me off and turn me back on again.

How to respond to the beep

17:04 So the task is pretty simple, really. We're, the object is for you to get a snapshot of your inner experience. And by inner experience, I mean your thoughts or feelings, or perceptions, whatever it is that's before the footlights of your consciousness at that particular moment. And presumably there's a million things that *could be* going on. You could be paying attention to the visual world, or you could be paying attention to the itch that's in your elbow, or, or whatever. And I don't, I don't want to tell you what to look for. I don't want you to *look for* anything in particular. I want you... I'm presuming, *possibly*, that your system, whatever, whatever your bag of bones and neurons does, [Sadie: Uh huh.] pays attention to some things and not to other things, because there's just too many things going on at one time. But maybe not! Maybe you're the kind of person that pays attention to a million things at a time. And in which case, we're gonna have to figure out how to talk about a million things at a time. [Sadie: Okay!] So, so there's no, I don't, I'm not putting any *limits* on it.

18:10 And then I would also say the chances are pretty good that you're not gonna be very good at it on the first day. [Sadie: Um hmm.] And that's just the way it is. That's not a failure of Sadie. That's just a, or a, or of me for giving you bad instructions. It's the, it is the way it is. We just have to wade into these waters, so to speak. [Sadie: Okay.] And, uh, and we'll, we'll what we'll do is on the first day, I'll ask you what, what was going on... In your first interview, I'll ask you what was going on in your experience at the first beep. And that's the only question I'm gonna ask, every, really. What was going on in your experience at the moment of the beep. [Sadie: Uh huh.] And then I'll ask follow-up questions because I'll, I'll, I'll want to try to understand your answers. But that's what really, that's the only question that I'm interested in: what was your experience at the

moment of the beep? It will turn out that there... I'll have to ask some more follow-up questions to get things clarified, but, but it's always that question. This is, so this is a *very simple* process. You're gonna wear the beeper, and I'm gonna ask you what was in your experience when it beeped, [Sadie: Cool.] when the beep sounded.

19:14 And by "at the moment at the beep," I would say, I mean, actually like one *microsecond* just before the beep began, [Sadie: Mmm.] because I'm not interested in what, how you *react* to beep right. [Sadie: Right.] I'm interested in the way Sadie was *just before the beep sounded* as if Sadie didn't have a beeper on, and there were some alternate universe at that particular moment, whatever that moment in time was, this is what, this, that's what we're shooting at. And of course we can't do that perfectly because Sadie *is* wearing a beeper, she has to rewind her experience one microsecond to get what was just before the beep. So this is an imperfect process, but we're gonna do the best we can at it. And, and we'll see whether we come to believe that, that we can do it adequately or not.

19:14 Russ comments: "One microsecond" is a metaphor, not a time measurement. RTH freely uses such metaphors but is careful to observe how the participant receives them. If it were to appear that Sadie understood him literally, then he would have taken greater pains to explain the metaphorical nature of "one microsecond."

19:55 Sadie: Cool. Why do you use the tone that swoops up?

19:59 RTH: It won't swoop up it, uh... When it, when, uh, when you turn it on for the first time, it swoops up, [Sadie: Oh, okay.] there's capacitance in the thing [Sadie: Right.] and it takes a while for the batteries to get the capacitors loaded. But when you hear the beep, it'll well, it's, it's the beep that you hear will be very much like the square wave that we demonstrated when you push down that button. That's a, it's a very fast rise time beep. There's no swooping up. [Sadie: Okay, cool.]

20:31 So do you have, do you have questions about it? I presume that you'll have questions about it. If you wanna wear the beeper between ... So I'm asking you to wear the beeper on Thursday or Friday. If you want to wear the beeper between now and then to try it out or whatever, that's okay, I don't really care. There's not, there's only one, only a couple of things I care about. One is that you wear the earphone. [Sadie: Um hmm.] I do think *injecting* that sound directly into your head is a, is a good idea. [Sadie: Okay.] I'm interested, and I'm interested in your, in your experience *as best we can do it*. [Sadie: Yeah.] Other than, other than that, I don't really care much about how, how we do things. We're gonna have to figure out how to do it between you and me, or you, me, and Alek, I think Alek will join us on, uh, on Friday. Uh, and I think she said 11 o'clock or 12 o'clock my time, which would be like 2 o'clock or 3 o'clock your time. You got a preference about that?

21:28 Sadie: Nope. That's. Either of those is great.

21:32 RTH: Well, why don't we shoot for 11 o'clock my time 2 o'clock your time, 1 o'clock Alek's time. [Sadie laughs] We'll figure that out. 2 o'clock, 2 o'clock on Friday, four days from now or whatever. [Sadie: Awesome.]

21:54 So I think I've given the spiel that I need to give. Uh, if, in between now and then you develop some questions (How should I use the beeper?) you know, how to get in

contact with me, call me, or email me or whatever. [Sadie: Got it.] Or I've given you my cell number. I'll, I'll email you my cell number. And you can, if you've got some kind of an issue, you should be able to call or text or whatever. [Sadie: Sounds good.] And that I think is the, that I think is, is the deal. I'm interested. I think it'll be, I think it'll be interesting. I'm hoping that you'll, you'll tell the world what happened about in this process somewhere down the line. Okay.

22:39 Sadie: Yeah. I'm so interested. I just pitched the *Atlantic*.

The ethics of DES

22:44 RTH: That would be cool. [Sadie laughs] And, and, and when you, when you do that, what I'm *hoping* is that you, that, that you will be as honest as you can be about that. [Sadie: yeah.] So you write something about it, you should write exactly what you think happened.

22:58 Sadie: That's what I *always* try to do.

22:58 RTH: Well, that's great. And then of course, I might have a chance, if you would say something that I disagree with on that, then I'll have a chance to respond to that. But, but, uh, the more straightforwardly you, you can, you can do it the better as far, as far as I'm concerned. So, y'know, so if you do end up thinking that I'm full of baloney or whatever, that's what, that's what you should say. [Sadie: Okay.] And, and you shouldn't worry about my feelings in this matter. I've got a pretty thick skin. And, uh, um, and, and I think that, you know, I think that what is genuinely,... I think there is a *genuinely interesting* thing here. And for our petty little sensitivities or whatever, whatever to get in the way that would be too bad.

23:51 Sadie: Yeah, I agree.

23:51 RTH: And, and for, um, on *my* side, I would like to post this on my website, but I'm *not* gonna do that until after we've had a chance to do at a time or two. [Sadie: Okay.] So that *you*, I want you to have you, I want you to have total control over it. Your, your inner experiences, your private property. And I want you to, to, to be in a position in an informed way to say, "yeah, it's okay with me to put what I have told you on YouTube." And so I'm not, I'm *not* asking for you to give me preliminary permission. I'm saying, we'll do this a time or two, and we'll look at it. And then if it's *still okay* for you, now that you've seen what it is that's actually gonna happen, and what your experience really is, then, then uh, then we'll make it public.

23:51 Russ comments: That is, I think that the "informed consent" that is required at the start of most human science investigations is entirely inadequate for fidelity-aspiring investigations of inner experience. If you don't know what you will find, then it is impossible to give informed consent. The DES procedure is to go one step at a time; to consider, based on what we have experienced up to step n , whether it seems like a good idea to go to step $n + 1$, and if not, not. Then, when we get to the last step, to consider what to do about all we have done, including scrapping the entire project. That is, truly informed consent has to be an iterative procedure, just as is all of DES.

24:47 Sadie: Sounds awesome.

24:47 RTH: Alright. So I think I've said more or less what I needed you to say. You got questions?

24:53 Sadie: I just have a random question, which is like, have you found consistency in people? Like, I don't know, kind of the equivalent of test-retest reliability in terms of the, the modality of thought that they have?

25:07 RTH: So I think the answer to that is basically, *yes*. We haven't, we haven't done too many studies that are aimed at *long-term* stability. Although I've got one that's a quarter sort of going on right now. But if your question is, is it likely that people who have, people on their first day have this more or less the same kind of experiences that they've got on the second day? And then the third day? I would say the answer to that is *mostly yes*, except not the first day. [Sadie: Ahh.] The first day, people are not very good at it, and so they say a lot of things that are, that are probably not true. And, and, uh, and so if you set aside the first day, then I think there is some consistency. That said, we're only getting six samples a day, basically. And so if you've got a, sort of a variety of the kinds of experiences, the six samples might be, you know, you might get all one kind of experience with six samples. It's possible to get all one kind of samples. But, but the, the *easy* answer to your question, I would say, is by the time we've done five or six days worth of sampling, with most people, we are, we are, we are in a position where it's just a natural thing to say, well, this beep was pretty much like that beep two days ago. And this beep was pretty much like that day on the fourth day.

25:07 Russ comments: Spoiler alert—Sadie's sampling turns out to be an example of the *this-beep-was-pretty-much-like-that-beep-two-days-ago* phenomenon.

26:29 RTH: Uh, and, but you know, whether that's true for you, maybe you're a different person every day. And, uh, and, and that would be fine too. So I don't, I, I wouldn't say we should *strive* for that. We're not, it's not my aim, to get us to be consistent. It's my aim to find out what your experience was like. And I would say as a general rule, most people are sort of consistent, but that might not be true for you. [Sadie: Okay. Cool.]

26:57 Other questions? [Sadie: Nope.] Alright, then. So we will reconvene and hopefully with Alek, uh, at 11, o'clock my time 2, o'clock your time on Friday, and I will send you an email, or Alek, either Alek or I will send you an email on Thursday just to remind us about this. And we'll do it by Skype. And, uh, and, uh, I believe that, that, that'll be it. I'll see you on Friday. And if you've got any questions in the meantime, you should ask me.

27:33 Sadie: Okay, cool. I will.

27:35 RTH: Alrighty. Thank you very much.

27:37 Sadie: Thank you.

27:37 RTH: I'll see you. Bye.

27:40 Sadie: Fuzz says goodbye too.

27:42 RTH: What's the cat's name? What's the cat's name?

27:46 Sadie: This is Fuzz.

27:46 RTH: Hello Fuzz. Goodbye Fuzz, I guess I should say.

27:50 Sadie: [laughs] Bye.

27:50 RTH: See you later.