

TRANSCRIPT WITH COMMENTARY

A Case of Face Blindness

Sadie Interview 1:

First day of DES sampling

Below in black is a word-for-word transcript of the February 26 interview with Sadie that is available on YouTube at https://youtu.be/W47_TuvWfzg. 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

Sadie = Sadie Dingfelder

0:00 AK: Hi Sadie!

0:00 Sadie: Hey, how are you guys?

0:03 RTH: Doing well? How about yourself?

0:05 Sadie: Awesome.

0:06 RTH: So Sadie, let me introduce Alek. Alek, this is Sadie.

0:09 Sadie: Hello!

0:09 AK: Hi Sadie. Great to meet you.

0:09 RTH: Alek and I have been working together for four years-ish or something like that. [Sadie: Awesome!] And so you have seen her, I guess I'm on the, uh, uh, Lena or whatever tapes [Sadie: Yeah.] but you've never met her in person.

0:28 Sadie: I still haven't! [AK: Right! (laughs)]

0:28 RTH: In person in quotation marks. Everything in this year is sort of relative to just about, just about anything. So our, so our *task* here, as I understand it is that you have worn the beeper now, Sadie [Sadie: Yeah.] and, and we're gonna talk about what those beeps are. And is there anything else that we should be talking about before we do that?

0:56 Sadie: No, I don't think so.

0:58 RTH: And I should say that I am recording this--Skype is recording this--and, and when we're done, you can download the recording. Anybody can download the recording that's on the call, I guess is how that works. [AK: Yep.] And, and sooner or later we've been talking about putting this recording on, uh, YouTube. [Sadie: Awesome.] But we're not

gonna do that until everybody agrees that that's a good thing for us to do, so that this isn't the, as it is now, what we say and do, and whatever here, it belongs to the three of us. And, uh, until, until such time as we change our minds about that. [Sadie: Okay. Awesome.] And then let me think, let me make sure that I've got my electrons all running.

1:50 Sadie: Yeah, me too. I'm only seeing two of my logged, two of my logged brain.... Oh, wait, here they are. One. I have one, two, three, four, five. Is that enough?

2:02 RTH: Five beeps? [Sadie: Yeah.] Yeah, that's fine. [Sadie: Okay, great.] So I think I'm ready [Sadie: Awesome!] and I'm hoping for the best electronic-wise. So number 1. [AK: Um hmm.]

SAMPLE 1.1 DISCUSSION STARTS HERE

2:18 Sadie: Number 1 was, um, Thursday at 7:10 PM. And what was funny was I had my beeper headphones on, but I also had these big headphones on top of them because I was, um, also, I was like helping a underprivileged, uh, DC high schooler or, um, write an essay. [laughs] And so when I heard the beep, I thought like she was feedbacking into it. And I was like, Aaah!! Anyway, but that's not what you care about. It's before the beep. I was making an annoyed face at Steve, my husband, who was next to me in bed. And I was like pulling my lip down. And I was like, kind of just feeling my, uh, my like annoyed face. And I was feeling the emotion of annoyed.

3:05 RTH: And is it your sense that, that you can identify when the beginning of the beep was, even though there was a little bit of a jolt there and a wondering, so,

3:15 Sadie: Yeah, I feel like I do, I definitely was making that face. [RTH: Okay.] I was making a face at Steve. I don't know what he did do annoy me, but... I think he was just overloading my brain. Like I was trying to do too many things at once and he was like, blah, blah, blah. And I was like,

3:30 RTH: Okay, so your, so your face was engaged in a reaction of some sort. [Sadie laughs] And, and that's a matter of, a fact of the universe. If we had been there observing, we would have seen your face while you were pulling down your lip or whatever. [Sadie: Yeah.] Now the question is, is that in your experience? And the object here is that I would prefer you not to *guess* about this. [Sadie: Yeah.] The object of this exercise is to *recall* or not recall what was, uh, ongoing in your experience.

4:06 Sadie: Yeah. In my experience, like, I really think at the moment there was a lot going on, like at a, at a, um, unconscious level. Like I was trying to think about too many things at once. Um, but I didn't have any like, um, images or words or anything like that. I just knew that my brain was full and, and Steve was adding too much. And then I definitely had the experience of feeling my lower lip, like specifically pulling down right there. And I was like wincing at him. I was like, [laughs]

4:38 RTH: Okay. And so when you say all that stuff was unconscious, would you say that that, that the experience of a lot of stuff going on was *in the moment*? Or is that on retrospection,

a moment, a second or two afterwards? I can look back and say, well, I was really overloaded there.

4:55 Sadie: It's a good question. Um, I really think that I had an almost physical sensation of my mind being too full.

5:03 RTH: Okay. And would you,

5:05 AK: Sorry, just to clarify, that's present before the beep?

5:10 Sadie: Um, yeah, yeah, but the beep really added to it. Definitely.[laughs] I was like, aaah!

5:15 AK: It can do that.

5:16 RTH: Okay. So we sometimes use a diagram that looks like this one. This is time. This is time. [Sadie: Yeah.] And time is time is marching on and the beep occurs here [Sadie: Yeah.] and the continues. And then you push the button, you stop the beep and time continues to march on like that. [Sadie: Yeah.] So the, so the moment that we're interested in is this one that's right here, right "one microsecond" (we say) just before the beep began. [Sadie: Yeah.] What the beep contributed--that was, that has to run out here somewhere. [Sadie: Yeah.] Well, that's one more thing I gotta deal with. But that has to be out here during the, on, after the, while the beeper's beeping. [Sadie: Yeah.] So the moment that we're interested in is out here just *before* the beep begins.

6:06 Sadie: Yeah, no, I remember that at first I felt like right after the beep--right *before* the beep--I had felt this like very distinct sort of tugging on my lower lip 'cause I was making a face. And um, and I was feeling the emotion of annoyed. Like those were the two main things. [RTH: Okay.] And, um, and then that, I thought before the beep. But after that, um, I was feeling like my head was just too full. Like it was, I sort of felt like... But I don't know. It's sort of hard to explain actually. But then, um, and then, then I got the beep. And then for a long time, that whole like first segment of the beep, y'know, when it's up on the ridge, um, I was just like, what the hell is that beep? What is that? Why is this feeding back? Aaah! Y'know, but it wasn't, it was definitely not in words. But anyway, you're not interested in that part. [laughs]

6:59 RTH: So, and so at the moment of the beep that we *are* interested in, I'm still not, I'm not a hundred percent sure that I understand. I for *sure* feel something about my lip [Sadie: Yeah.] and I for sure feel some emotional response of frustration or whatever that is.

7:17 Sadie: Definitely.

7:19 RTH: And, and then is the almost physical brain-overload thing. Is that present, then, all at the same time?

7:27 Sadie: No, it was a little bit after. It was, I think like it was like a two-step. It was like a quick two-step thing right before the beep. Like I was making a face, I was feeling annoyed, like in a nonverbal way I think I *asked* myself why I was annoyed. And then I was like, *Oh, my head is full*. And then I got the beep. [laughs]

- 7:45 RTH: So the moment that we're interested in is the very leading edge of the beep.
- 7:51 Sadie: Okay. So not really my, my emotion, but the sense of my head being full of cotton?
- 7:57 RTH: If that's what it was, if that was what was *caught in flight* by the actual leading edge of the beep, but *not created* by the beep, [Sadie: Yeah.] that's that's, that's the time that we're int, we're interested, in what, which is why we call it "one microsecond" just before the beep. But what we're, what we're looking for is what is connected, what is caught by the beep. And so in the diagram here, right now, I'm understanding, and I'm still not sure that I'm sure about that, but I was, I was frustrated out here and I pulled out my lip out of here. And then I wonder why I was frustrated here. [Sadie: Yeah.] And that's what gets caught by the beep.
- 7:57 Russ comments: We have spent a couple of minutes trying to clarify what DES means by "the moment of the beep." In all that clarification, it may seem that we are trying to help Sadie figure out what exactly was ongoing at the moment of the beep. However, we actually don't think that is possible: this is Sadie's first sampling day, and like all DES participants on their first day, Sadie did not have an adequate grasp *at the moment of the beep* of what is meant by the moment, so it is impossible (or at least highly unlikely) that Sadie could know what was ongoing at the moment we are interested in. So our questions are really aimed at *our next* sampling interview—next week or whenever. We are being highly specific *now* so that Sadie can understand how specific we would like to be *next time*. That is part of what DES calls "iterative" training.
- 8:36 Sadie: Um, I was definitely a lot of overlap. So when the beep happened, I was simultaneously feeling my own face make a face and feeling annoyed and feeling my head like kind of full of information. And like,
- 8:56 RTH: So there's sort of three things going on at the moment. [Sadie: Yeah.] And
- 9:00 Sadie: They just sort of started in stagger, in a staggered way.
- 9:03 RTH: Okay. They started at different times, but they were all ongoing simultaneously at the moment of the beep. [Sadie: Yeah, definitely.] Perfect. Then at the moment of the beep, is any one of those more salient, more powerful, more grab your attention more than the other?
- 9:17 Sadie: Yeah. The physical sensation of like pulling my lip down was definitely salient, was the most salient thing.
- 9:23 RTH: Okay. All right. And by the most salient, do you mean like 60-20-20? Or 90-5-5? Or 50-25-25? And I don't really care about the numbers. I just want to know what you mean by "more." Do you mean a little bit more or...?
- 9:37 Sadie: Yeah. It wasn't like the vast majority. It was like probably like 70%. And then I guess other two were probably split evenly-ish.

9:46 RTH: So 70-15-15.

9:46 Sadie: Something like that.

9:49 RTH: So, so pretty, pretty much predominantly on my lip. [Sadie: Yeah, yeah, totally!] Okay. And then about the, so let's, let's go to the lip. And so is the lip about the *lip*, a feeling in my lip? Or about the pulling on my lip? Or both? Or

10:08 Sadie: Yes. So I wasn't actually like pulling with my hands. I had a muscle here that was just, I was pulling that down, like, eeehh, and, um, and so like, I think that was maybe sort of feeding back into the emotion of annoyance. [RTH: Okay.] Like I felt annoyed, I expressed annoyance, and then it made me feel like more annoyed. [laughs]

10:29 RTH: Okay. Well, so let's, let's, let's assume that that's probably true, but let's bracket that bracket that away. So what, so explanation...

10:37 Sadie: But it was really like the muscle. It was like, if you're gonna pinpoint the feeling, it was like the feeling of pulling an unusual muscle down on the left side of my face.

10:47 RTH: And is it pulling it... is it *I'm* pulling that muscle down? Or is it, that muscle is pulling down and I'm noticing that? So do I feel...

10:55 Sadie: It was very much me observing it. Um, [RTH: So, so this is...] I did not intend to make a that face.

11:00 RTH: So this is *happening in my face*. For whatever reason, whether it's connected to the emotion or not, we can set that aside. But for, for whatever reason, my lip is pulling down and I'm observing that, I'm apprehending that as it happens. [Sadie: Yeah. Definitely.] So I'm, I'm, I'm catching a sensation in my lip [Sadie: Yeah.] as it pulls it, as it pulls itself down I'm feeling that happen. [Sadie: Yeah.] And, and you've been pointing at one side of your lip. Is that, [Sadie: Yeah.] so this is, this is ...

11:37 Sadie: It was like the left side only, I mean, yeah, it was the left side predominantly.

11:42 RTH: So I'm I, what I, what I've got so far is that I feel the left side of my lip pulling down. [Sadie: Yeah.] And does that involve my teeth? Like I feel my lip against my teeth? Or was it just the lip on it's...?

11:56 Sadie: No. It's just like, it almost feels like one weird muscle. Just like how you can do this with one weird muscle. I felt like I was doing the lower...

12:02 RTH: Speak for yourself! I don't...

12:04 Sadie: I know! Some people can do it. My mom can do all four corners. [they laugh]

12:08 RTH: I don't think I have that skill. So what I've got about this portion of your experience is, I *feel* the left side of my lip pulling itself down, and it's a pretty localized thing, [Sadie: Yeah.] mostly on my left side. Maybe some of the rest of my lip is involved, but for the

most part it's I feel this going down. [Sadie: Yeah.] Okay. Anything more to be said about that? Or you have questions more about that Alek?

12:36 AK: I don't think so, no.

12:39 RTH: Then that, so that's 70% of my experience. And then I got a couple of other things going on. Which one should we talk about? You want to talk about the emotion or the...?

12:50 Sadie: Sure. We can talk about the emotion.

12:53 RTH: So what are you experiencing about that?

12:56 Sadie: The experience of annoyance was actually like very much like, sort of like in my chest. Like it felt, I just, I don't know how to explain it besides that. But it felt like it was just sort of like just a little below my sternum. I just felt annoyed. [laughs] It felt kind of tight.

13:14 RTH: And by, and by a little below my sternum, do you mean one specific region of my sternum? Or do you mean sort of a diffuse...?

13:23 Sadie: I sort of mean a fairly diffused area, like in the area beneath my sternum.

13:29 RTH: Somewhere down here, but not like one point, like...

13:35 Sadie: No. It was just sort of vague.

13:37 RTH: Okay. And, and what does that feel like? What do you feel?

13:41 Sadie: It felt like kind of just tight and uncomfortable.

13:47 RTH: Okay. And so, so I have a, a sensation in my chest, sternum, sub sternum area, or whatever. And, and somehow I recognize that to be annoyance or something like that. [Sadie: Yeah.] And so does it, does it make sense to say "I feel annoyed, and now when Russ was asking me about it, I can say, 'well, like I feel it here'?" Or does it make sense to say "I felt this in my *sternum* and somehow I know that that's an annoyance." So I want to know if this is an *emotion* or whether it's a bodily feeling that you are sort of in, on retrospection, interpreting as emotion.

14:30 Sadie: Yeah. I think that I was trying to figure it out at that moment. Like at the same, at the moment, like, I think I was like, okay, I got like a lip feeling. I've got my sternum feeling. And then I'm like, Oh my head's too full. So does that answer your question?

14:45 RTH: Well, well, let me see, let me tell you what I have heard from that. And you tell me whether I heard that, whether I heard it right. [Sadie: Yeah.] And then I'll tell you whether that answered my question. [Sadie: Okay.] The, I heard you say just now that I, at the moment of the beep, I had a sensation in my sternum, and I was trying to figure that out. I eventually figured out *well, I'm annoyed*. [Sadie: Yeah.] And so my experience at the moment at the beep was not of *annoyance*. It was of *sternum sensation*,

15:14 Sadie: Maybe. Yeah. I think that's true. I think right after the beep is when I named it.

15:18 RTH: Okay, great. And I'm not trying to say, *I like that better* because it can go the other way. It can go the other way, too. Some people would say, "well, I feel annoyed." And then when they start to catalog, try to catalog what the feeling of annoyance means, they can say, "well, there was some feeling in my sternum." [Sadie: Yeah. No, I..] Then other people can say, "well, I feel feeling in my sternum. And when I try to figure out what that's about, well, then I'd say, well, that's gotta be sort of like annoyance."

15:18 Russ comments: (continuing the comment at 7:57) Should we believe Sadie's account that the sternum phenomenon was a sensation, only later recognized to be part of an emotion? Probably not. Did we make important distinctions that might help Sadie describe sensation / emotion experience in high fidelity on upcoming sampling days? Probably so. This is by no means a criticism of Sadie as an individual. As a general practice, DES throws out data from the first sampling day in an acknowledgement that we are asking questions that the first-day participant is probably incapable of answering.

15:42 Sadie: Yeah, no, I was definitely having like a problem-solving moment. I was like, I feel this, I feel this. What is it adding up to?

15:49 RTH: So, so far we've got two bodily sensations. We've got a lippy sensation and a sternum-y sensation. [Sadie: Yeah.] One of them is stronger to me, more present to me than the other one. [Sadie: Yeah.] Okay.

16:03 Sadie: And then like, and then like a stuffed head sensation kind of after that.

16:08 RTH: And, and I believe you said along the way that that was a bodily thing too. Is that right?

16:13 Sadie: Yeah. It kind of is actually, yeah. My head felt like, sort of like stuffed with cotton.

16:18 RTH: And you, and so do you mean that physically? Like *I have a sensation of like cotton stuff in my head*. Obviously I know there's not cotton in my head or whatever, but, but it *feels like* cotton in my head? As opposed to [Sadie: Yeah.] *I'm using that as a metaphor--* cotton in my head is a metaphor. I'm really just thinking about a lot of thoughts. And when I have to *describe* it, I'm gonna use this metaphor cottony...

16:39 Sadie: You're right. I did mean it as a metaphor. I didn't really feel it like pressure in my temples or anything like that.

16:44 RTH: So this is *not* a bodily sensation in the same sense that the lip and the sternum are a bodily sensation.

16:52 Sadie: Yeah, it wasn't.

16:52 RTH: This is some kind of a thought-y thing. [Sadie: Yeah.] Okay. And it seems like there's a lot of it, whatever, [Sadie: (laughs) Yeah.] whatever it is, there's a lot of it going on, but I don't know, I don't much know what it is. I can't say what I'm thinking about it or

whatever. But I can say I somehow sense there's a lot of stuff going on. [Sadie: Yeah.] And then I think I'm good about that. Alek, you got...?

17:27 AK: I have one question. So I, we bracketed the theory that this face thing is an annoyance face. And I just want to make sure we didn't do that prematurely. Like does either the sternum or the face, like, do they, in terms of your experience, are they *connected*? Or they're pretty separate sensations, and if I have to analyze them, I think they have to do with annoyance. But in my experience, they're not connected?

17:57 Sadie: I think that, um, I think, I mean, very clearly annoyance was like, what was going on below my sternum. My face felt a little bit, it was a little unclear. Like I wasn't sure what it was about. So I think I would say the sensation in my face was definitely was like sort of separate from the annoyance. [AK: Okay.] And then the sternum situation like clarified it for me.

18:22 AK: Okay. So the sensations are definitely separate, and the sternum is more related to annoyance. The face I'm not so sure if that has to do with annoyance or if that's just a face.

18:31 Sadie: Yeah. And actually afterwards I was like actually had, I made that face at myself in a mirror to see what it looked like, and it looked like an annoyed face.

18:38 AK: Ahah! Okay. [Sadie laughs]

18:43 RTH: So now I'm not sure that I quite understood that. So *that* conversation makes it seem like the sensation in my *sternum* was *immediately* annoyance. Like *I feel this as annoyance*, and so...

18:43 Russ comments: RTH is recalling that at 15:14 Sadie had said that the sternum feeling was a bodily sensation that was only later recognized as annoyance. Her statement in 17:57 seems contradictory, so he is giving her the opportunity to clarify. Here again, his goal is not so much actually to clarify the present sample but to practice making such distinctions for future sampling.

18:58 Sadie: No, I think, I think it wasn't immediate. It was just sensation first. And that just led up since we had two, two bits of information. Now it added up to a clearer un, a clear answer.

19:11 RTH: Okay. All right, then I'm good. But before we went to number 2, let me make a couple of observations about our process here. Because what, because you're, you're the fundamental person in this game that we're playing here, [Sadie: Uh huh.] and I, we would like you to be *good* at it. So we're trying to teach you what it is that you need to do in order to, in our... [Sadie: Great.] And so what we have done in this one little beep here is to try to make some careful distinctions between sensation and emotion and whatever, which probably you have never really had to articulate before. [Sadie: Yeah.] And we don't expect you to be good at it. And we don't expect actually even what you have told us today to be *right*. [Alek: Um hm.] So, so you have said, "well, it was a sensation and not an emotion."

20:00 [RTH continues] I w... So this is the second thing I want to say. [Sadie: Yeah.] I want us to not be trapped by that. Just because we decided that this was more sensation than it was emotion, let's allow for the possibility, let's *seriously* allow for the possibility that that was, that we were *wrong* about that. For whatever reason, we went down that path by, by mistake. And this was really a feeling of frustration. And then for whatever reason, Hurlburt talked me into me saying it was a sensation, it was a sensation. [Sadie: Sure.] So, so the moral to that story is, I would like us to... We're we're, we're trying to get it right, but we're not, we're, we're not assuming that we're *successful* at it. [Sadie: Okay.] And for sure, we don't want to be *captured* by what we do on the first day. [Sadie: Yeah.] This is, this is a *stab* at it. And we're hoping we're gonna build our skill, and our skill might go in the same direction that we do on the first day, or we might decide at the, at the end of the first day, well, y'know, that was interesting, but it didn't really have anything to do with what, what my experience is *really* like! That was just [Sadie: Uh huh.] *adjusting* to the process [Sadie: Yeah.] or something like that. Which is why we have to do this on more than one on one occasion. It's a process that we have to go through.

20:00 Russ comments: DES is a constant starting over, equipped at each restart with (perhaps) increased skills, and encountering at each restart new experiences. That is the heart of what DES calls the *iterative* nature of DES.

21:09 Sadie: Well, I have a terrible memory. So you don't usually have to worry about me getting locked into anything! [laughs]

21:14 RTH: Alright. Good. Then I'm, I'm good.

21:18 AK: Number 2.

21:19 RTH: And I don't know that I already told you, but Alek and I will alternate back and forth. [AK: Yeah.] [Sadie: Okay. Great.] And, uh, and the reason for that is that this is fairly hard work to do--the questioning, so it gives us a little bit of a break. But it also, it also encourages alternate perspectives. So Alek and I have different views of the world and different experiences of the world, or whatever. And so it's a good idea for us to think about things primarily from as many different perspectives as we can, in our case two or three, depending on how you count. [Sadie: Awesome.]

21:54 AK: All right. Number 2.

SAMPLE 1.2 DISCUSSION STARTS HERE

21:55 Sadie: Number 2 is at 7:54 and I was chewing on the left back part of my tongue. And I was thinking the word "Thurs," like as an actual, like, word that I was saying in my mind. Because I was reading the word "Thursday." Um, it was like a very, very faint bit of self-talk, like, I, I couldn't really hear it actually at all. But, um, but I knew I was thinking of the word *Thurs*, and I definitely had this sensation. Like first it was the sensation of chewing on the back of my tongue. Like those two things were happening simultaneously when the beep, when it beeped.

- 22:33 AK: Okay. And you seem pretty confident about the timing: these, these were the things interrupted [snaps fingers] by the beep.
- 22:39 Sadie: Yeah. Those were the two things going on, as I was saying *Thurs* in my head, but not in a way that I could kind of hear it in any sense. And then, um, and I was biting my tongue. But the fact that it's like abbreviated suggests that maybe I *was saying* in some sense? Like, I don't know. It wasn't like super abstracted "Thursday," y'know. I don't know.
- 23:01 AK: Between the tongue and the *Thurs*, is one of those more prominent, more salient at the time?
- 23:08 Sadie: Yeah, the biting, my tongue was definitely more salient.
- 23:11 AK: Okay. And again, the numbers, is this an 80-20, 60-40, kind of more...?
- 23:17 Sadie: This is probably more 60-40.
- 23:19 AK: Okay. So just slightly more, [Sadie: Yeah.] but still, okay. Well then let's start with the tongue. So th this is, uh, I'm understanding this to be a, is this a sensory thing?
- 23:29 Sadie: Yes, definitely sensory. It's just like literally the sensation of my tongue getting squished by my own teeth. I could, I don't really feel it in my teeth when I do it now, anyway. So it's just all tongue getting squished a little bit. I guess I was. Yeah.
- 23:29 Russ comments: "When I do it now, anyway" is a worrisome expression—we're interested in what Sadie experienced *at the moment of the beep*, not in what she experiences *now*, and there is no guarantee that what she experiences *now* is the same as what she experienced *at the moment of the beep*, even if she tries to recreate it. Thus, Alek explicitly asks about the moment of the beep in the next turn of conversation (23:46), and RTH files away this incident and will double back to comment on it later (see 26:09).
- 23:46 AK: And is that how, as best you can say, is that how it was at the moment of the beep? That it was more about how my *tongue* feels then than my teeth *doing* the squishing?
- 23:57 Sadie: I'm not totally positive, but I think so.
- 24:03 AK: Okay. And is squishing the best...?
- 24:05 Sadie: Is that the best word? No. It's more like, um, a sharp, a sharp pressure sensation, [AK: Okay.] like it's real sort of localized pressure.
- 24:16 AK: And localized where exactly?
- 24:18 Sadie: On the back left side of my tongue. Okay.
- 24:24 AK: And like that whole side? Or a very small...

24:27 Sadie: No, just a little, I just caught a little bit of tongue between my teeth for thinking purposes, I guess.

24:34 AK: Yes. Really helps thinking!

24:36 Sadie: Yeah. I think, I don't know. Yeah. It's weird. Like why would pain help me focus? I have no idea.

24:42 AK: Who knows! Okay. So I feel my, we *think* more in my tongue, this pressure /sharp / squishing of my tongue between my teeth. [Sadie: Yeah.] Or this little piece of the back of my left side of my mouth. Yeah. And then at the same time,

25:00 RTH: So before we leave, [Sadie: Sure.] before we do that aspect, so I'm gathering or want to know whether this is a, to-my-tongue feeling. So this is a tongue-being-squished rather than a I'm-biting-my-tongue?

25:15 Sadie: Oh! Yeah. It was definitely just, my tongue was being squished. Like I was like, um, it wasn't like, I didn't really feel like I was in control. In fact, when the beep, I was like, what am I like when I had to look at my sensations, y'know, like that was what popped up immediately. Like, I didn't even *ask* myself why I was doing it. [laughs]

25:37 RTH: Okay. So this is a *tongue* thing. My tongue is *being bitten*. And, and I might, I might as well be in there squeezing your tongue, or Alek be in there squeezing your tongue or whatever. [Sadie: Yeah.] It's about,

25:50 Sadie: It's not, like, *my* decision to do that. [AK: Um hmm.].

25:53 RTH: And, and not, uh, and not, not only not your *decision*, but also not your *awareness* of your *doing* it. [Sadie: Yeah. Yeah yeah yeah.] So it's not a, this is not my jaw, teeth, whatever *clamping down*. This is my tongue being...

26:07 Sadie: ...squished.

26:09 RTH: ...squished. Okay. That's one thing I wanted to say. And then the second thing I wanted to say is that you said sort of an aside, "when I do it *now*, this is what it feels like." And I would like us to distinguish, or I would like us *not to do that* as much as we can. [Sadie: I have... Okay.] And this is a skill that that is part of the ongoing, the ongoing skills. So we don't, I don't expect us to be good at it right now. But, but there's no, there's no necessity for your *recreated sensation* to be the same as the sensation at the moment of the beep. Maybe it is, [Sadie: That's true.] maybe it's not. But we would... what we're in is what your sensation was at the moment of the beep. [AK: Um hmm.] So you've got a, you got a moment to try to grasp it there. [Sadie: Okay.] And that's about, that's about all you can do. [AK: Um hmm.] [Sadie: Yeah.] And if we don't get the whole thing, we don't get the whole thing. [Sadie: Alright. Yeah.] But let's *not* try to recreate it later and assume that it's gonna be the same, because I think, I think there's, that's a slippery slope and there's no coming back from it. [AK: Yeah.] [Sadie: I see.] So let's aim at what was going on at the moment....

- 26:09 Russ comments: This refers back to what Sadie said at about 23:29. DES accepts that all introspection is retrospection, and that all retrospection is reconstruction. The DES aim is to minimize potential distortions caused by long-term retrospection and substantial reconstruction. We therefore want participants to take notes about their beeped experiences within seconds after the beep, while the events are still available through short-term memory, and thereafter as much as possible to constrain discussion to that recollection. As a general rule, we want to stay as few degrees of separation from the moment of the beep as possible. Any in-the-interview reconstruction is but another potential for separation from the experience itself.
- 27:11 Sadie: Yeah. So all I can say for sure is that I felt my tongue getting squished. [AK: Okay.]
- 27:17 RTH: And, uh, and I guess a third thing that I would say is, it might sound like we're being, I'm being very *critical* here. I'm telling you to do it this way and not do it that way, or whatever. That is the way this process works and you should not take it personally. And it's *not* like, Oh, Sadie's been a really crappy subject here. [Sadie laughs] You're doing great. And, uh, and, but there's no reason, there's no reason why you would be skilled at doing the kinds of things that we're asking you to be doing. And we, we totally recognize that. We are teaching you a skill from scratch, and, and we hope that you will accept our suggestions as, as being a natural and necessary part of this project.
- 27:17 Russ comments: Some commentators have observed that much of DES involves building rapport. I rankle at that characterization. I am not *building rapport* with Sadie; I am trying to be *transparently genuine* with Sadie. *Building rapport* has the connotation of being potentially a manipulative maneuver—putting rapport in the bank, so to speak, so that I can draw on it later. Being *transparently genuine* is not manipulative. I would like to enter into Sadie's experience with as high fidelity as I can, and I tell her so. That is a genuine characterization of my involvement. Sadie is a free agent—she can find that of interest and act accordingly, or she can find that boring and act accordingly. Or whatever else.
- 28:00 Sadie: Sure. Actually, honestly, I would predict I'd be much worse than your average person, because I've, I think, I mean, I definitely qualified for something called *severely deficient autobiographical memory*. I can't remember *anything* anyway, [RTH: Well, we'll see...] but I do, I did write myself some pretty good notes.
- 28:18 RTH: We'll see about that. [Sadie: Okay. (laughs)] Alright. Onwards.
- 28:22 AK: So then we, we've got the *Thurs* portion of this experience.
- 28:27 Sadie: *Thurs*. Yeah. *Thurs*.
- 28:30 AK: *Thurs*. And how, how was that present to you?
- 28:43 Sadie: Um, y'know, it's a *word*--it's definitely like present as a word, and as an *abbreviated* word. And I think I actually like, was almost beginning to make the sound in my mouth. So I think I had the sense, I don't think I was actually doing it, but I had like, sort of the pre, just like a little echo of that feeling. So *Thurs* was kind of physical too. [AK: Okay.]

And I definitely, I mean, I *knew* that I was thinking of the word, but I didn't, I didn't, like... I don't know. [AK: Um hmm.] It wasn't super clear,

29:21 AK: So no doubt it is Thurs, not Thursday. [Sadie: Yeah.] sure about that. And no doubt it's present, it sounds like, [Sadie: Yeah.] this word's definitely present to me. And now sort of what's up for debate is, is there some speaking, is it, is it spoken or almost spoken or is it just known? It's just, it's somehow there.

29:42 Sadie: Yeah. I feel like it was a little bit spoken. Like not actually out loud, but I think I had made that *th*. I was either, either thinking about it, or I was starting to do it, but there was a sort of a very faint sort of spoken-ness to it. [AK: Um hmm.]

29:42 Russ comments: There is plenty of reason to worry about the fidelity of Sadie's description over the last several turns: for example, there is some behavioral evidence that she is reconstructing rather than recollecting (see comment at 26:09). Remember that the first interview is primarily about future sampling, *not* primarily about what happened at 7:54 pm last night. This is Sadie's first interview, and we accept that her ability to capture her experience last night was limited. So we could give another version of the mini-lecture that RTH gave at 26:09, or we could continue to ask questions about the experience so that Sadie gets a chance to hear the additional kinds of discriminations we might find of interest. We choose the second option.

30:00 AK: And, like, spoken in the same way as you would speak out loud, but just not out loud? Like, does that phenomenon seem the same?

30:23 Sadie: No. Not really. [AK: Um hmm.].

30:27 RTH: So can I ask maybe a more fundamental question about that? About the speaking. So is there a, is there a voice involved in *Thurs*?

30:34 Sadie: No, there was no voice.

30:37 RTH: So there's no qual, no *vocal* quality to this thing? No. Okay. And I also guess, well, (while I've got the floor, here), so is, we've talked about *Thurs* as being an abbreviation. Do you mean that it was as if the word was going to be *Thursday*, but I didn't quite, the beep caught it before I got this the *day* portion of *Thursday*? Or do you mean it's as if I were vocalizing *Thurs* and that was it, just like, sometimes I would write down on my calendar *Thurs*.

31:13 Sadie: Yeah, it was, that was it. I was not like going to say, think the whole word.

31:18 RTH: So this is not an abbreviation... This is not an abbreviated *speaking*. This is the *entire complete speaking* of an abbreviation, of a shortened version. [Sadie: Yes.] Okay.

31:31 AK: Maybe speaking, it sounds like.

31:33 Sadie: Maybe speaking. [RTH: Maybe speaking.] Yeah. Like I don't. [AK: Um hmm.] It definitely, yeah.

- 31:37 RTH: And I guess one more thing about this subject. So about *speaking*, there is speaking that is coming [gestures to his mouth], has to do with the mouth. [Sadie: Yeah.] And then there's the experience of speaking that is, it feels like I'm speaking, but there's no mouth involved. [Sadie: Right.] [AK: Um hmm.] So got to keep those separate.
- 31:54 Sadie: Yeah. It's weird. I mean, it felt, I definitely, like, I don't know. What it felt, I felt the *th*, like I was like, *Th*, but yeah, so maybe more mouth focused.
- 32:09 AK: Okay. So not such an, I mean, the *word* is there innerly. [Sadie: Yeah.] Maybe there's something like actually physically on your mouth about the *th*. [Sadie: Yeah.] So it [inaudible].
- 32:20 Sadie: Yeah. There was definitely, I definitely was making sort of the *th* shape with my tongue, like very sort of faintly. [AK: Okay.] And I definitely, and I was *experiencing* that, like I had the experience of feeling, like of feeling my tongue do that thing.
- 32:40 AK: Okay. But not with any sound inner or external, it sounds like. [Sadie: No.] Okay. Okay. And was the whole *Thurs* present? So I know that the mouth portion is about the *th*, but the [Sadie: Yeah.] in terms of what's present to me, it's the whole it's *Thurs*.
- 32:57 Sadie: It was the whole thing. Yeah.
- 33:02 AK: Okay. Okay. I'm good on that. It's day one. And we'll have hopefully more opportunities to see what words are like for you and if they're spoken or heard or there or something totally different. [Sadie: Yeah.]
- 33:13 RTH: And I've got a couple more questions. So this seems, this beep would apparently would involve two tongue-y things. [Sadie: Yeah. (laughs)] Is that right? Simul, simultaneous and unrelated to each other.
- 33:27 Sadie: Wait, this one?! Oh yeah. I was! I was chewing the back of my tongue, and then I was going *Thurs*. No, I must've been, it must've been one after the other, right? So, but I don't know. I'd put what I wrote down
- 33:43 RTH: So the "must've been" is not true. [Sadie: Okay.] So the, the, the experiential world is capable of doing lots of things that are not possible in the real world. [Sadie: Yeah.] So you could have two entirely separate kinds of experiences ongoing at the same time.
- 33:59 Sadie: I wrote that it was simultaneous, but I honestly can't remember. [AK: Um hmm.]
- 34:04 RTH: Okay. And then I would say in terms of our amassing skill here, that, that we have... What would seem to be a very simple thing here, we have divided this *Thurs* up into *th* and *Thurs* as an abbreviation, and *Thurs* as a whole, a whole world--a whole *word* that is an abbreviated portion. And *th* as mental and *th* as, as possibly on your tongue. [Sadie: Yeah.] The experiential world is a complicated place, and we are trying to differentiate that. [Sadie: Yeah.] And, and there's no reason why you should have been able to do that. I mean, we're, we're learning how to be much more fine-grain, I guess you would

say, [AK: Um hmm.] or differentiated or whatever about experience, [Sadie: Yeah.] which is what makes, what makes the whole world interesting, actually. That, it's sort of interesting all the way down. [inaudible]

34:04 Russ comments: Among scientists, there is substantial pressure for us to create a "manualized" version of DES, or to provide training that simplifies DES so that it could be used, for example, by relatively unskilled research assistants. This example highlights why that is an impossible request. Fidelity cannot be simplified. There is no amount of simplified pretraining that I can imagine that would lead to the ability to make the kinds of discriminations RTH summarizes in 34:04 (and that AK and RTH will continue to unpack).

35:08 AK: Yeah. I do have, I have one more question about *Thurs* now. [Sadie: Um hmm.] Um, so I think it's possible that this could be present to you in a meaning, as like a meaningful unit. I know, y'know, this means *Thursday*? Or it could just be there, sort of, who knows why, might as well be in Greek? It has no meaning to me. Can you say about this beep? Is it, does it have meaning?

35:35 Sadie: I think the *Thurs* definitely had meaning. Yeah.

35:38 AK: And it means Thursday or ...?

35:43 Sadie: Yeah. It meant *Thursday*. I actually don't even remember what I was reading right now. [laughs] [AK: Um hmm. Okay.]

35:48 RTH: And does it mean a particular Thursday with a particular meaning? So not just an abstract Thursday, but Thursday, the day after tomorrow? Or Thursday that I have to do this? Or Thursday that I was reading about?

36:04 Sadie: Um, I think it was just like the concept of Thursday-ness, like... [laughs]

36:08 RTH: Okay.

36:12 AK: Thursday, generally speaking. [Sadie: Yeah. (laughs)]

36:15 RTH: Okay. And, and so one more part of the process here, I would say, is that we ask questions that are, that are (A) difficult (B) quite possibly impossible. So it's quite possible for us today as ask impossible question. [Sadie: Yeah.] And you should feel free to say, "I don't know what the heck you're talking about," or "I can't answer this question, ask me tomorrow, or the next time or whatever." I mean, that that's the.... Our goal is not to encourage you to make things up. Our goal is to ask questions which allow us to go as far as possible. And for you to do say, "well, I can't remember." "It doesn't seem to matter." Or "Yes, I can tell you [Sadie: Yeah.] this was an abstract Thursday."

36:58 Sadie: I'm not sure, but I I've been, I think it was just the abstract Thursday. Like I definitely wasn't thinking about my calendar or something. [AK: Okay.]

37:06 RTH: Okay. Then I'm good for number 2. On to number 3.

37:06 Russ comments: How much of what Sadie has said about *Thurs* is to be believed? We don't know. But that's not the point. Has Sadie learned something about how detailed we want to be? Has she learned something about how careful she will want to be immediately after beeps on upcoming sampling days? Probably so—we will find out about that next time.

SAMPLE 1.3 DISCUSSION STARTS HERE

37:13 Sadie: Oh, okay. That was at 8:18 PM. Um, I was thinking, I was thinking the word "dog," "Dogwood," because I was reading it. At the same time, I was thinking about my dad and my brother's relationship somehow. [laughs] Yeah. So I think those were the two things.

37:40 RTH: And those are both ongoing, interrupted by the leading edge of the beep? [Sadie: Yeah.] And one more strongly,

37:46 Sadie: Actually, honestly, the "wood" happened, happened after the beep, like just the "dog" part of the word happened right before the beep.

37:55 RTH: Okay. And is, which is more present to you, the dog portion of wood Dogwood? Or the relationship between your father and ...

38:05 Sadie: The Dogwood.

38:07 RTH: 60-40? 90-10?

38:10 Sadie: Um, that is like pretty close, like 60-40.

38:14 RTH: Okay. And so let's go to the dogwood. [Sadie: Okay.] So the word "dog..." The "dog" portion of the word "dogwood" is present to me at the moment of the beep. [Sadie: Yeah.] In a voice?

38:28 Sadie: No! Just like, I just knew that I was thinking it.

38:31 RTH: Okay, so this *word* is present. [Sadie: Yeah.] And present as the word "dogwood." Not just as the concept. It's not like, I'm just thinking about the concept of dogwood. I'm thinking about the *word* dogwood.

38:46 Sadie: Yeah. I was just thinking about the *word*.

38:48 RTH: And I'm reading about dogwood.

38:51 Sadie: Yeah. It was like part of an address.

38:56 RTH: And is the word present to me, simultaneous to my reading?

39:03 Sadie: I think it was, yeah, it was simultaneous with the reading. [AK: Um hmm.]

39:07 RTH: So if the beep had come a little bit later, it might've been street or whatever "Dogwood Street," if it's part of an address.

39:11 Sadie: Yeah. Yeah, exactly.

39:14 RTH: But at the moment it's just Dogwood. In fact, it's just, it's just d....

39:17 Sadie: I think it's just "dog." Yeah.

39:19 RTH: Okay. And, and is, is that... When you say it's just "dog," do you mean, "I'm saying 'dogwood', but the beep happens on the first syllable of that"? [Sadie: Um hmm.] Or do you mean, "I am experiencing "dog," and a little bit later I'm gonna experience "wood," and I'm *never* gonna have really experienced "dogwood" as one thing. I have chunked it up into the, into its portions, and I'm experiencing *dog* and later I'll probably experience *wood*, but at the moment of the beep it's just *dog*.

39:53 Sadie: No, it was like the first way you described it.

39:57 RTH: So I'm, I'm in the process of thinking "Dogwood" and the beep happens to be in the "dog" portion.

40:03 Sadie: [simultaneously] and it just like manages to catch it right in the middle. Yeah.

40:05 RTH: Okay. And, and does that imply that there is some temporality to "dogwood"? That it takes a while to think "Dogwood" and the beep catches me in the first part of this?

40:15 Sadie: Yeah! I think it does imply that it was like, as I was reading, it was actually going through the syllables.

40:23 RTH: Okay. And the *word* is present to me without a voice. And so is there any experience of speaking it? Or of hearing it? Or a [inaudible] other thing? Or just a, somehow the word is present.

40:40 Sadie: Yeah. The word is just in my head. [frowns]

40:42 RTH: Okay. And it's in my head, not just on the page (or the computer screen or whatever it is that I'm reading), [Sadie: Yeah.] but somehow at the same time as my eyes are aimed at the word on the page, I am experiencing the word in my head. [points at his temple]

41:01 Sadie: Yeah. As a *word*, too. [frowns in awe?] Like I wasn't thinking of a street. I wasn't thinking of a tree. It was just the *word*. [AK: Um hmm.]

41:10 RTH: And is there anything more to say about how this word is present to you? Does it have any vocal characteristics or?

41:20 Sadie: I don't think so.

41:22 RTH: So the word's present, but just the abstracted word. [AK: Um hmm.] The word for the word's sake, I guess you could say.

41:39 Sadie: Yeah! Yeah. [inaudible] [frowns in awe?].

41:39 RTH: Right. Then I'm good about that portion. Alek?

41:41 AK: And I can I compare that to *Thurs* in the previous beep? [Sadie: Yeah.] So certainly the, the content is different, y'know, you're doing different things, the words are different. But in terms of your experience, how do, how does *dog* compare to *Thurs*?

41:57 Sadie: Yeah, so *Thurs*, this was much more embodied. Like I was like starting to make the sound, and it w it, it just felt like more concrete. [AK: Um hmm.] Um, whereas like dogwood felt, it just like, it just felt more float-y and abstract. [AK: Um hmm.] I feel like I actually kind of almost heard... There was like just the tiniest bit of hearing *Thurs*, but there was absolutely no hearing of *Dogwood*. [AK: Okay. Okay.] Then I'm good with that portion.

41:57 Russ comments: Comparing and/or contrasting experiences, as AK initiated in the exchange beginning at 41:41, is often (as here) highly productive. AK asks Sadie to compare words that are present in two different samples (*dog* in 1.3 vs. *Thurs* in 1.2), which produces in Sadie a confident distinction between the concrete and the abstract.

Some would say that this is an example of how DES can be iterative *within* a sampling day (between samples), in addition to iterative skill acquisition *between* sampling days. Here, for example, Sadie seems to build upon and draw from her description of sample 1.2 to make distinctions and clarify her description of experience at sample 1.3. I think that such a conclusion is risky: no amount of interview about sample 1.2 or 1.3 can change the level of skill that had been present at the moments of beeps 1.2 and 1.3, and therefore whatever presuppositions that may have warped the apprehension of those samples are likely still to be in play during the interview.

So the value of the comparison/contrast is that it awakens *in Sadie* a personal connection to a distinction that may be important *for Sadie*: the distinction between the abstract and the concrete. The personal salience of that distinction is likely to bear fruit on subsequent sampling days.

42:31 RTH: And then somehow you're thinking about the relationship between your dad and your brother, is that ...? [Sadie: Yeah. I was.] And how does that experience, what does it mean, "I'm thinking about the relationship"?

42:46 Sadie: Yeah. Well, I *knew* that that's what I was thinking about. [RTH: Okay.] And it was kind of just like, um, I didn't have any particular thoughts about it. I was just, I don't know. It was just sort of, I just *knew* that I was thinking about it.

43:05 RTH: And it's the relationship *between* them. [Sadie: Yeah.] So it's not like I'm thinking about my dad, and it's not like I'm thinking about my brother. It's that I'm thinking about the connection or whatever between them?

- 43:18 Sadie: Yeah. Like I think maybe more specifically, I was thinking about how they kind of miscommunicate with each other. [Phone rings] Oops, sorry, my, uh, I got a call, but I'm back and because I did [inaudible, laughs].
- 43:37 RTH: So is the, and by "miscommunicate," do you mean that parallel? In the sense that my dad miscommunicates to my brother *and* my brother miscommunicates to my dad? Or is it one aspect of those that you're thinking about?
- 43:53 Sadie: It's just like something about their connection that's wrong. Like, it's not like anyone's making a mistake. It's just like, they just aren't.
- 44:02 RTH: They're not getting each other, something.
- 44:02 Sadie: Yeah. Yeah.
- 44:03 RTH: Okay. And, and I'm thinking about this with like, do I have a picture of my dad and my brother or...?
- 44:14 Sadie: No, not at all.
- 44:16 RTH: And do I have their names or whatever? [Sadie: No. (laughs)] And is, and is there anything that lets me...? Somehow, I understand that I'm thinking about my dad and my brother's relationship, miscommunication, whatever. Is there anything more to be said about how that comes to me? How...
- 44:40 Sadie: Yeah. I feel like I kind of have a buzzy sensation in my head a little bit? But like, I don't... Like... But it's really like more primary is the, just *knowing* that I'm thinking about that.
- 44:58 RTH: And by "buzzing," do you mean that metaphorically or descriptively?
- 45:01 Sadie: Yes, I really mean it very metaphorically.

45:01 Russ comments: You may notice that DES is very careful about the distinction between metaphorical characterizations and straightforward descriptions of experience (recall our questioning of Sadie's use of "cottony" at about 16:18). DES has no objection to the use of metaphors—it accepts that nearly every utterance has some degree of metaphoricity. However, DES does want to be sensitive to the degree of metaphoricity of any utterance.

Examples of the reification of metaphors abound in the history of psychology from its beginning (Freud's ego and id are apt as metaphors but questionable as mental structures) to the present day (executive function is apt as a metaphor but questionable as a brain structure). And the reverse—the metaphorization of actual perception—is also problematic (seeing red is generally thought to be a metaphorical characterization when it actually is straightforwardly descriptive of at least some angry people's inner experience). DES tries to avoid mistakes in both directions, and therefore aims to clarify the metaphoricality of any description.

45:04 RTH: Okay. So there's something that's going on in my head [Sadie: Yeah.] that I understand to be about the relationship and miscommunication between my brother and father. [Sadie: Yeah.] [AK: Hmm.] And, and is there any valence or emotion or whatever to that? Like, that's a bad thing? a good thing? Or just that it is a thing. It's a fact that I'm thinking about.

45:27 Sadie: I don't think I was feeling anything at that moment.

45:32 RTH: Okay. And you said in my head and a buzzing in my head, and I think you actually even pointed at your head, do you mean to say, I, it feels like it's going on in here? [points to his temple] Or is that metaphorical as well?

45:43 Sadie: It definitely felt like I was thinking in my head. Like the, I knew I would locate the thinking being in my head.

45:48 RTH: Physically, physically in my head? [Sadie: Yeah.] As opposed to metaphorically in my head?

45:53 Sadie: Yeah. It felt, it felt kind of physical. But I wouldn't be like, I can't, I'm not really able to describe it.

46:01 RTH: And in my head do you mean in my head or in my head or in the front of my head or in the back...? [Points to various regions of his head]

46:07 Sadie: Oh, yeah! It was like pretty specific! [frowns in awe?] It was like, it was like *frontal lobe* buzzing.

46:11 RTH: And now you're pointing to your, I guess your right side. Is that your right side?

46:15 Sadie: Yeah. Yeah. Yeah. But I would, if I ha if I wasn't holding my phone, I would have done the whole thing. I don't really know. [laughs]

46:20 RTH: Okay. So *behind my forehead*. [Sadie: Yeah.] I feel it it's, it seems to me like, there is a thinking that's taking place behind my forehead, and I, and I mean that in a physical sense, not in a metaphorical sense. It's not like just *mental* and, well, mental's gotta be there [points to forehead].

46:38 Sadie: Oh, yeah. No. I did feel, I felt a little buzzy actually physically in my forehead. [RTH: Okay.] But I don't, I don't know if "buzzy" is really the right word. It just felt like *something* was happening.

46:48 RTH: So I feel some physical happening. [Sadie: Yeah.] We, we can recognize that, y'know, we don't have any sensations in our frontal lobes or whatever, but that doesn't matter. And it's experientially, experientially it seems like there's something that's going on that's in *here* [points to temple/forehead]. [Sadie: Yes.] Not in here. [points to back of head]

47:06 Sadie: Yeah!

- 47:09 AK: And that, that, that physical thing is part of the thinking about my dad and my brother? Are related to it? Or...?
- 47:17 Sadie: Um, it's just at the exact same time, so I just, uh, related them, I think.
- 47:24 RTH: They're simultaneous, but it's not like the thought about my dad and brother is the buzzy thing here.
- 47:30 Sadie: Not necessarily. I just knew that I could just had a sense of both of those things happening. [AK: Okay.]
- 47:36 RTH: So not necessarily connected, but not necessarily disconnected either. [AK: Right.]
- 47:39 Sadie: Yeah. I'm just not, I just don't know, I think.
- 47:45 RTH: Okay. Alright. So we've been at this for 50 minutes. Do we want to do one more? And uh,
- 47:49 AK: So I have to leave right at two. [Sadie: Okay.] I'll try to save myself a little more time next time, but I only had an hour today, so I don't know if we have, should we go? We can go for it. [Sadie: Yeah. Sure.]
- 48:03 RTH: Let's go. Let's go for it. And then you [inaudible]. If you have to, you have to leave, if you have to leave and then we'll worry about that later.
- 48:08 AK: Sounds good. Okay. Number 4.

SAMPLE 1.4 DISCUSSION STARTS HERE

- 48:11 Sadie: Um, so let's see, I was making a gif. This is what I wrote. I actually have no memory of doing this and my mind was working on a problem thinking of tags for the gif, but not, it was not like, I just knew that I was thinking that, but I didn't have, like, I didn't have like any direct experience of doing it. Like I had, I knew, like I could tell, like I could almost, I mean, I don't know. This is a metaphor, but the metaphor is like, I just had this sense that someone was going through like little word files in my brain, but not like visually or anything like that. Just like, I just *knew* that. Um, but, um, yeah, so I was basically just like shuffling through my brain looking for vocabulary, but... I knew that that was happening, but I didn't feel it in any way.
- 49:05 AK: Uh huh. Okay. So does that mean that coming up with a tag for this gif is my task. If you, if you had tapped me on the shoulder and said, "what are you doing?" I would say, "I'm trying to think of a tag for this gif." But actually I don't *experience* that process at all. It's somehow outside of my awareness.
- 49:28 Sadie: Yeah. It's really outside of my awareness, but I *still know* it's happening. Like I can *almost* feel it. I can, y'know, but it's, it's definitely not something I really experienced directly.

- 49:41 AK: Okay. Okay. And is there *anything* in your direct experience at this moment of this beep?
- 49:51 Sadie: I don't think so. I wasn't looking at anything. I, I was like, I was like looking up to the left and the ceiling like that, but I didn't like, I wasn't really looking at anything, y'know. [AK: Um hmm.] Um, and yeah, I just knew what I was doing in my head, but I didn't like actually experience it directly.
- 50:14 AK: Okay. And is the *knowing what I'm doing*--is that part directly experienced? Like I'm aware of what I'm up to, but I don't experience what I'm up to. The details.
- 50:29 Sadie: I don't think like, uh, that is really part of the experience, but *not knowing* is not part of the experience. [laughs][AK: Okay. Okay.] Like, it doesn't feel like anything's missing, um, until we start talking about it. [laughs]
- 50:44 AK: Mm hmm. Okay. So... But the knowing what I'm doing: I take it that *is* somehow in experience.
- 50:52 Sadie: It is an experience. Yeah. [AK: Okay.] It's, I think it's an experience, though it might just be something, a way that I explain.... Like, maybe it's even like, if I hadn't been beeped, I don't know if it would have really exist, like that experience.
- 51:11 AK: Um hmm. Well, that's a, that's a great point, right? Because it's totally possible that you can be doing something very skillfully, even coming up with clever phrases or whatever, and that somehow is not in our direct experience. [Sadie: Yeah.] Eventually something's gonna pop up and I'm gonna type it or whatever, but I don't have to *per se* experience the process, um, or even know that I'm doing it. But it sounds like we're, we're sort of a, maybe on that, like *maybe* I, maybe I *knew* what I was doing, or maybe the beep sort of forced me to think.
- 51:44 Sadie: Yeah. I think the beep really triggered it. Like I think if you really looked into my experience at that moment, like as a mind reader, [AK: Um hmm.] and you were just looking at [inaudible] the conscious experience, it just would have been pretty blank.
- 51:55 AK: Okay. Well, that's exactly what we want to do. If we *could* look into your experience as a mind reader and not have to beep you, that would be ideal.
- 52:03 Sadie: Yeah. Okay. Well then I was just like blhhh. [they laugh]
- 52:09 RTH: So the goal is to not talk you into things and not talk you out of things. [AK: Um hmm.] So, so I think there's a range of possibilities here, and this is the first sampling day. We're not expecting you to be able to answer these questions in any way that we find reliable. (We generally, by the way, just throw out the first day [Sadie: Yeah.] because it's because there's, there's too many, too much possibility for, for mistakes. But the distinctions that we're making here is between, I'm *definitely* experience myself looking for a word; *or* I, in some vague inchoate kind of way, experience myself as trying to figure out what to say; *or* there's nothing in my experience altogether, and I can say as a

matter of fact, that I'm waiting for the word to appear, and sooner or later, with any luck, I'm gonna get a word out of this deal.

52:55 Sadie: Yeah. It was somewhere, it was definitely towards the inchoate side of things.

53:00 RTH: Okay. And, and, and that's, our goal is to, is to try to be as what we call high fidelity about that as we can get. [AK: Um hmm.] And, and, and we recognize that this is a process. You have to figure out how to adjust to the beep and not be surprised or shocked or whatever, by the beep. And figure out that we were, that we're that we're gonna try to be making distinctions, which are careful and how you have to go about that; and what you should write down and what you shouldn't write down. There's a lot of stuff that goes into this task. [Sadie: Yeah.] So I would say, I would say we should end our discussion here. I think we've done a great job of what it is that we need to do [AK: Yeah.] on the first day. We, I think Sadie now has a good idea of what is happening and what kinds of details we're interested in, who Alek is, and what kind of questions she would ask and what kind of questions I would ask; or whatever. [Sadie: Yeah.] So I would like to do this again. If everybody wants to do it again, then I would say, let's, I'll let you and Alek work, let Sadie and Alek work that out. Probably your schedules are probably more difficult to match the mine. So sometime within the near future, Alek and Sadie get together.

54:08 AK: Yeah. I'll reach out to you, Sadie. [Sadie: Okay, great.] I'll probably just shoot you a text and we can pick a day and time, and I vaguely know his schedule so we can work it out. [Sadie: Awesome.]

54:18 RTH: And do you have, do you have questions? If Alek has to leave, she has to leave. But do, do you have questions, Sadie, about the process?

54:25 Sadie: No, I don't think so.

54:29 AK: Well, you did great. Really. I mean, you're doing exactly what we want you to be doing. Interesting. It's cool. [RTH: I agree.]

54:36 Sadie: I'll take better notes this time, next time though. I think I know how to do it.

54:41 RTH: Well, that's the object. All right. I'm looking forward to day 2 and, uh, you all y'all are gonna let me know when it's gonna be.

54:47 Sadie: Awesome. You too.

54:47 RTH: Alright. Thanks a lot.

54:48 AK: Bye everybody.

54:50 Sadie: Thank you. Bye.

