

TRANSCRIPT WITH COMMENTARY

Tristan

Tristan Interview 8

Below in black is a word-for-word transcript of the March 7th interview with Tristan that is available on YouTube at https://youtu.be/Jgc_EUsFr7U. 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

AG = Amber Goto

Tristan = Tristan

0:00 Tristan: Alright.

0:03 RTH: So now I'm recording, and this is gonna be day 8. And anything we should be talking about before we launch into these? So we missed day, we, we missed the last time. And are these fresh beeps? Did we throw those beeps away and we got?

0:20 Tristan: These are from today.

0:21 RTH: These are from today. Sounds good to me. And anything we should be talking about before we look at 'em?

0:29 Tristan: Uh, no.

0:31 RTH: Then I,

0:31 Tristan: I only have three today, but

0:34 RTH: Okay. Let's look at 'em.

0:38 Tristan: I went, um, you ready for 1?

0:42 RTH: I am.

SAMPLE 8.1 DISCUSSION STARTS HERE

0:44 Tristan: Okay. So component one. I am, uh, reading my writing as a matter of fact, and I am admiring it. Um, I'm thinking it's good. I, I, I just read something I wrote and I like it; more of a affective, cognitive response, I think. But cognitive without, um, without specific inner monologue or inner words attached.

1:14 RTH: So I'm, I'm in some way thinking that this is good, that what I've written is good.

1:21 Tristan: Yes.

1:22 RTH: And this is, did you say more cognitive or some half-cognitive, half-affective, or?

1:28 Tristan: Both. Equal.

1:30 RTH: Okay. And so let's start with the cognitive portion of it. When you say, this is good, what is?

1:39 Tristan: Um, I'm evaluating what I just read. Um, and I like it. And I, I think it was, um, yeah, I'm just, I'm just sort of evaluating it and I'm trying to figure out whether I like what I wrote or whether I didn't, and I'm coming to the conclusion that I like it.

2:00 RTH: Okay. And is, and, and are there any specific evaluation criteria? Like, I like the writing style, or I like the content, or I, I'm answering the question that I set out to ask, or any, anything like that? Or is it just, uh, this is good, not uh, unspecified?

2:17 Tristan: I thought I, I thought it had a sort of vivacity to it. It had a sort of sparkle.

2:26 RTH: And is that, and is that present at the moment of the beep? That I am, I'm happily evaluating the vivacity / sparkle of what I'm, what I've read and think it's good.

2:39 Tristan: You can go with vivacity.

2:40 RTH: Okay. And, and that's, so what I'm trying to get at is whether that's, whether the vivacity is what I am considering? Or whether when Russ asked me whether there was anything specific, well, I gotta answer that question while I gotta say it's vivacity. So the question, [Tristan: Y'know.] the question is at the moment of the beep, is it just, I, this is good or is it this vivacity is good?

3:06 Tristan: It's closer to, this is good, but there, there's, there's a component here that I wasn't gonna tell you because I wasn't sure if it was really, um, you know what? Let's, let's skip that. Yeah, I, I'm just thinking it's good. I'm just thinking it, it's good.

3:23 RTH: So now I don't know what to make of the component that you're not gonna tell me cuz I don't know what we're talking about here it's uh.

3:28 Tristan: Okay. Well, let's, um, maybe we should do the, the other, all the elements first.

3:33 RTH: Okay.

3:33 Tristan: We'll get to that.

3:35 RTH: Okay.

3:35 Tristan: Um, and, uh, so the next thing is, I've just read the word "soul" was the most recent word. So that is, uh, that word is present to me, but it's not particularly prominent. Um, so, um, and then I'm aware of the music, um, that I'm listening to. Um, and then

the, the last thing that I wasn't sure I was gonna bring up was that just before the beep, I had, uh, written the word "erotic." Um, and after reading that sentence, I had thought that that sentence had a particular vivacity to it. And that was still sort of present at the moment of the beep, although not exactly. I, I dunno how to describe that, but something, something about that sentence had given me a, an affective feeling that the writing was, was good. We can discount that. We can, we can toss that out if that's too complicated.

4:51 RTH: Well, I, I dunno whether it is or not. Let's, let's see whether we can figure that out. So all these things are, are all these things present in your experience at the moment of the beep?

5:00 Tristan: Yes.

5:03 RTH: Which is, by my count, something like four things: I'm admiring my writing thinking that it's good. Maybe vivacity good, but good. And that's both cognitive and affective, counting that as one. And then the "soul," I've just read soul; and then I'm aware of the music; and then I'm aware of this particular sentence with, which includes the word "erotic" that is particularly, particularly vivacity vivacious or whatever.

5:34 Tristan: Yeah.

5:35 RTH: And those are all simultaneous?

5:37 Tristan: Yeah.

5:39 RTH: And, and what was the logic behind, well, maybe we should just discount the erotic sentence?

5:46 Tristan: Right.

5:47 RTH: Why, why would we discount that if that was present at the moment of the beep?

5:53 Tristan: Um, well, I've been trying in my, in my discussions with you to be a little more concrete and less uncertain. So when the beep happened, I was like, well, was I thinking still thinking that? Or was that the second before the millisecond, or something? But somehow it seemed like that was still somehow present in my evaluation at that moment. So that's why I was like, should I, should I include this or not? I wasn't, I wasn't.

6:21 RTH: Okay. So it's mostly a timing issue, whether this is *still* there?

6:26 Tristan: Yeah.

6:26 RTH: Is, is that the, is that the question?

6:28 Tristan: But, you know, speaking with you, I think it is still there to, to an extent um..

6:34 RTH: Okay. And does that mean it was more present maybe a half a second ago or some fraction of a second ago and, and that, and now it's waning, but it's still there?

6:43 Tristan: Yeah. Yeah.

6:43 RTH: Okay.

6:45 Tristan: And I think it's involved in my evaluation of my writing is that particular sentence um.

6:53 RTH: So that, the way I'm sort of understanding that is that the, the, the particular sentence that has the word "erotic" was sorta central to me. And now it's sorta going down, and while it's going down, then I'm thinking, well, my whole writing is good here. [Tristan: Mm hmm.] And that's, that's on the rise. [Tristan: Right.] And the beep happens sort of in the, [Tristan: Yeah.] the intersection of those or something.

7:15 Tristan: The beep has start, has happened at the start of a new sentence. Um, so which includes the word "soul," but I still think the, the, the evaluation of the previous sentence is involved in my admiring the writing.

7:31 RTH: Okay. And, and so the, the distinction between the erotic sentence and the writing is, is, is of generality. Is that, is that correct? That this sentence is particularly vivacious?

7:45 Tristan: Mm hmm.

7:46 RTH: And that's one thought. And then another thought is, well, the whole writing is good.

7:53 Tristan: Yeah. Yeah.

7:55 RTH: Okay. And, and, and those are, I understand those to be cognitive experiences. I'm, these are evaluative experiences?

8:07 Tristan: Mm, right.

8:07 RTH: Not necessarily exclusively, but at least in part, but that these cognitive experiences do not involve words. It's not like the word "vivacity" is there, or?

8:18 Tristan: That's correct. Yeah.

8:20 RTH: Or the word, even the word erotic, there is maybe it was there, but?

8:25 Tristan: Mm yeah.

8:26 RTH: Okay. And then there's, keeping with the admiring, that it, that it's good thought that we started with, there was something that was affective about that. Um, and I, what I would like to know is whether I feel that, or whether that's a way of describing what the, the cognition is: I'm, I'm happy that it's good or something, but I'm not, but I don't experience the happiness directly.

9:00 Tristan: I would say I experienced the, I wouldn't say happiness, but pleased. Pleased, I guess, so I think.

9:07 RTH: So I feel, I feel pleased.

9:10 Tristan: With, with the writing, yeah.

9:14 RTH: Okay. And is there any, anything more to say about how you experienced that aspect, the pleased aspect?

9:22 Tristan: Um. [pause]

9:25 RTH: Doesn't have to be, but.

9:27 Tristan: Nothing that I could, I think that's, that that'll do.

9:32 RTH: So it's not like I would say I feel my, my bodily lightness or I feel anything in my body. Is this a bodily thing at all? I'm not trying to say it has to be just, I'm asking.

9:47 Tristan: Well, there was a bodily feeling attached to this. Um, but, but then again, I don't know if it's worth noting.

10:01 RTH: And by worth noting, I'm not sure whether it was present? Or it's gonna be hard to talk about? Or...?

10:15 Tristan: Um, I am not, I, I wouldn't know how to just... Um, I, I, yeah. What, why, um, I, w, I wouldn't know how to describe the, the feeling, especially at this moment since I didn't take specific notes about it.

10:36 RTH: Okay. So lemme, lemme say just sorta in general about feelings. I, I think there are some people who would say, I've, maybe we've had this conversation before, but "I feel I, I feel pleased" or whatever. And that's entirely a mental thing for me. There's no question about it that I would call this affective. It's not an evaluative thing, but I feel it, but it's mental in the sense that it's not in my body at all. People, people believably (to me) talk like that. And other people say, "well, there's a feeling of please, and it's definitely in my body. It, my body feels light or my stomach has butterflies in it or something, then they can t, they can point to the bodily aspect of this thing. And, and I think, I think both of those accounts are equally strong and legitimate feelings. So I don't think you have to have a bodily feeling to feel pleased. And, and I would say.

11:40 Tristan: There was a, there was a.

[There are glitches in the audio.]

11:43 RTH: Go ahead. You, I, you broke up. So you said "there was a," and then I lost it.

11:51 Tristan: I'd say there was a, there's a vague feeling, light feeling, not light, feeling relatively pain-free and feeling good.

12:11 RTH: Okay. Now, most of what you just said there was broken up or frozen or something. The end of it that I heard was, I feel mostly pain-free. Was there anything other than that?

12:28 Tristan: Yeah. Uh, I said relatively pain-free and yeah, just a, I feel, felt good, I guess.

[There are glitches in the audio.]

12:38 RTH: Okay. So in that sense, is it the case that feeling good is the absence of feeling bad?

12:54 Tristan: Um, there's a specific feeling when I've taken my pain meds and, um, and don't have a lot of pain, and I haven't eaten much. So they feel especially strong where I feel a sort of inner contentedness, um, which is hard to describe. So there's maybe an inner contentedness, there's a sort of like the, the drugs are working to keep pain away. There's a, y'know, there's a, y'know... It's, it's, it's hard. It's hard to describe, but it's, uh,

[There are glitches in the audio.]

13:39 RTH: So you've frozen again. So amber, is he freezing for you as well? Okay. So Tristan, you're continuing to freeze.

13:52 Tristan: [inaudible]

13:53 RTH: You've been frozen now for the last 10 or 15 seconds.

13:56 Tristan: Uh,

13:59 RTH: So what I would say is on your computer, if you can hear me on your computer, are there any other apps that are open, so...

14:15 Tristan: sort of difficult, yeah.

[Tristan moves to another room to try to solve the audio issues.]

14:18 RTH: So I had paused the recording during that. Now I've restarted it again,

14:22 Tristan: And if it freezes again, I have one more thing I can do to try to help.

14:27 RTH: Okay.

14:27 Tristan: But.

14:33 RTH: And while, while we're at it here,

14:42 Tristan: Uh, you were saying “while we’re at it,”

14:43 RTH: Are you on a Windows computer or an Apple computer?

14:46 Tristan: Apple.

14:47 RTH: Okay. I don’t know too much about that. So let’s hope for the best here now.

14:57 Tristan: Um.

15:07 RTH: So I would say that you froze a little bit in that action, so it could be that we haven’t solved the issue. The...

15:20 Tristan: Um, so I can rephrase what I, what I had said previously.

15:24 RTH: Yeah, why don’t you try that and see what, see what happens.

15:28 Tristan: I was saying something about, there’s a feeling I have when I’ve taken my pain meds that I haven’t eaten sometimes with the pain med feeling is especially prominent. So it’s sort of like a, I, a contentedness, I’m feeling a bodily contentedness. Um, yeah, I, I would say that’s, that’s about as close I can get without trying to [RTH: Okay.] use vague language.

15:58 RTH: Okay. And is that present at the moment of the beep?

16:04 Tristan: Yeah.

16:05 RTH: Okay. And then I’ve just read the word “soul.” I’ve started to read a sentence that has the word “soul” in it. Is that where we is that where we are there?

16:16 Tristan: Yeah. That’s the last thing I read at the moment of the beep. So that word is present at the moment of the beep, but it’s not especially strong. I’m not innerly voicing it, it’s just sort of present to me.

16:33 RTH: And does it seem like it’s present to me because it is the interrupted by the beep? Or does it seem like I have made a word present to me, and then another word present to me, and then a word present to me? So I’m making a sequence of individual words present to me of which the last one happens to be “soul”?

16:52 Tristan: Seems like a,

[There are glitches in the audio.]

17:01 RTH: So you’ve broken up frozen or whatever. And so I didn’t hear any of the answer to that. So what I would say is we should pause this and you should restart your computer, and we should reconvene in five minutes after the, after the restart. Can you hear what I said?

17:23 Tristan: I can hear you now.

17:25 RTH: So you were frozen there. And so what I think we should do is that you should restart your computer. So we should put this on pause for the five minutes it's gonna take you to restart, turn your computer, go through the restart cycle, and then log back in.

17:38 Tristan: Um, okay. Can you,

17:39 RTH: Unless you got a better idea.

17:40 Tristan: Can you send it to my Gmail instead of my Outlook?

17:45 RTH: Say that again? You broke up there too.

17:47 Tristan: Can you send, can you send the Zoom invite to my Gmail instead of my Outlook?

17:54 RTH: Yes.

17:57 Tristan: Okay. Excellent.

17:59 RTH: Okay, so you restart it. [Tristan: Alright.] And we will send.

18:06 Tristan: Thanks.

18:07 RTH: We're in agreement with that. It looks like that's true. Okay. So are, we're gonna hope for the best as far as this connection is concerned and.

18:22 Tristan: Yeah, yeah, yeah. Let's see.

18:24 RTH: Actually, you sound better now than you did before more, more....

18:27 Tristan: Oh, good.

18:27 RTH: So I would, I would say we probably oughtta move on to beep number 2, given that.

18:35 Tristan: Okay, yeah let's do beep number 2.

18:36 RTH: And Amber, you wanna ask about this?

SAMPLE 8.2 DISCUSSION STARTS HERE

18:41 AG: Yeah, sure. Uh, what, if anything, was in your experience at the moment of beep 2?

18:48 Tristan: Uh, first component, I'm thinking about, uh, putting, uh, or is this right?

19:03 Okay, okay. I'm thinking of getting a potato peeler. I'm, as a matter of fact, I'm in the act of getting a potato peeler, and I'm sort of thinking of getting that potato

peeler. I'm thinking of moving through space to get it. And it's almost, if it makes sense, it's almost like a, both a bodily and mental thinking. Um, so that's one element.

19:35 Another element is I'm conscious of the music that's playing. Another element is I have an, I have a bodily and mental anxiety at that moment. Um, and that anxiety is not exactly in words, but some things that I am, uh, in the process of sort of thinking about is, I'm thinking about the fact that I don't seem to have enough beeps for the day, and that the equipment keeps messing up, and I am, uh, sort of a little anxious about, um, about just needing to get everything done in the kitchen.

20:34 AG: Okay. Is, is that everything?

20:36 Tristan: That's everything.

20:39 AG: (Okay, um, [sotto voce] getting everything done in the kitchen.) Okay um, so if I understood it right, I hear there's like four-ish, maybe five things going on here. Um, there's a bodily / mentally thinking about getting to the potato peeler or moving through space to get to the potato peeler; the music, um, thing; this bodily, this anxiety about not having enough beeps and the equipment; [Tristan: Mm hmm.] and anx, and this anxiety about getting everything done in the kitchen.

21:28 Tristan: Yeah I.

21:29 AG: Am I getting all of that right?

21:30 Tristan: I would say that's, that's everything.

21:32 AG: Okay. Um, what of these things is the most prominent in your experience?

21:42 Tristan: Um, sort of this, the, the moving through space and getting the potato peeler.

21:55 AG: Okay.

21:56 Tristan: And thinking about getting the potato peeler.

22:00 AG: Okay. So let's start there. Um, how is that present in your experience?

22:09 Tristan: Um, well, it's present in that I am sort of like orienting myself in space towards the thing I need, I guess, towards the object. And it's sort of almost like there's a bodily memory of needing to get into one of the drawers, um, and get it. So, so there's a sort of like bodily directedness through space. And there's also, I'm thinking, I, I'm sort of thinking without words that I, that I need to get this tool.

22:47 AG: Okay. And this bodily directness thing. Um, is that, like I am, I guess I'm trying to get a sense of is this a, is my experience that it, am I experiencing this as a bodily sensation? Or is it that my body is directed some way? Or is there something else to that? Like what, I'm just trying to figure out what that kind of, how you're experiencing that piece.

- 23:19 Tristan: Um, yeah. Um, well, I'm moving through space, and that my moving has a direction and it's almost like I am, uh, I'm not thinking of these are, I, I'm, uh, almost like anticipating getting into one of the drawers or, or crouching down to get something. It's...
- 23:49 AG: Okay. So I am directly moving toward this potato peeler and anticipating a crouching down. Like is there, is this like an anticipatory directedness? Or is it like in the di, an anticipation and direction of the potato peeler or?
- 24:09 Tristan: Yeah, I would say that sounds about right.
- 24:16 AG: Okay. And is that to my ear, that almost sounds, I dunno, I guess I'm trying to get a sense of, is that somehow a physical experience? Or is it that I am, I'm physically doing that (I, I understand that), but I'm wondering in terms of the experience goes, is this like a physical anticipatory directedness toward the potato peeler, or is this more of a mental, um, cognitive process tied up with that thinking piece?
- 24:57 Tristan: Um, well, both.
- 24:59 AG: Okay. And is the physical, anticipatory, directionality, whatever, is that felt in a specific part of your body? Or is that just my body? Is it's just a body thing?
- 25:21 Tristan: I wouldn't say it's a specific part that I could locate at the moment.
- 25:26 AG: Okay.
- 25:29 RTH: So lemme see if I've got that aspect right. I'm in fact heading towards the potato peeler. But it's not that my body just experiences this action, it's that my body feels some kind of anticipatory leaning-towards or guiding-towards or directing this action. Is that right?
- 25:29 Russ comments: This is a rather unusual kind of experience. Across many DES participants, most often when the body is in motion, it is not experienced at all—it is a fact of the universe that my body is moving, but I don't directly apprehend it. A second possibility is that I experience my body in some way—feel the footstep, feel the pressure, feel cool breeze on it, etc.—my experience is of receiving some kind of bodily sensation.
- What is unusual here, by contrast, is that Tristan bodily-experiences his *body anticipating* its movement and aim.
- I said this in the Kerry debrief interview at 20:38:
- So for example, I have sampled with some people who are anxious whose inner experience is populated by... in, in conversations, they, they have to, they feel like they have to go out and get each individual word. Like if I'm talking, you have to get this word, and then you gotta get that word, and then you gotta get this word. You gotta make sure you understand each word one at a time. And it's an active process where you have to go out and hear it. I call it, I call that *the doing of hearing*. You can't just... Most people when they hear the words come in and they understand 'em, and that's it.

The doing of hearing *I think* leads to anxiety because it, it puts you in a, in a sort of a feedback loop which causes you to tremor and to try to trying to get, I got, gotta, gotta, gotta [simulates tremor]. And uh, so I, and, and I think those are very different kinds of things. One, one, y'know, they're, they're probably very different neural pathways, whatever, that end up being *called* anxiety. And so what I *think* is that if we had a well-developed science of inner experience where we really knew what inner experience was going on, then we, then we would probably divide up the world in different ways and we wouldn't talk about anxiety that would include both of those things. We'd break the, break it apart into how, however, however, the experience manifests itself. But I don't, I don't even know *that for sure* because there aren't enough people who are carefully, care, carefully examining inner experience.

That *doing of* seems related to the bodily anticipation Tristan is describing here.

25:52 Tristan: Yeah. Yeah.

25:58 RTH: Okay. And at the same time, there's a mental heading, a mental heading towards the potato peeler.

26:09 Tristan: Yeah.

26:10 RTH: And these are not the same thing. They're related to each other, but.

26:15 Tristan: I would say they're at the. Can you excuse me? I'm gonna, I'm gonna shout for a second. And towards other, um, pops, father, father, can you close the door and stop banging? Thanks. Okay, I'm back.

26:32 RTH: No problem. So there, so the, there's what, what I'm understanding is that there seems to be sort of a separable mental *I need to get to the potato peeler* while there is also an ongoing bodily *driving myself guiding myself towards the potato peeler*.

26:58 Tristan: Hmm. Yeah.

27:00 RTH: Okay. And is there anything more to be said about the mental aspect about this?

27:13 Tristan: Um, I think that's good.

27:17 RTH: So is it more, is it more about the *peeler*? Or is it more about where the peeler is? Or more about how to, how to get to it, the mental portion?

27:25 Tristan: It's, it's sort of both, because, um, it's not just the peeler, it's that I'm sort of like directed in space towards somewhere where the peeler is. It's just sort of like, as my body is sort of almost doing the thinking and guiding me through space towards what I'm supposed to do.

27:44 RTH: So sounds like the *bodily* portion. Is the mental portion just, just integrated into that? Like, my body feels like it's doing; it my mind /my mental thinking things seems to be doing i? Or do these seems like *two things* in parallel?

28:02 Tristan: Uh, well, there's a, there's a mental component which is just thinking that I need to get the... Yeah, I don't think there's anything more I could say about it other than that *I need to get the potato peeler to peel the potatoes* thing.

28:17 RTH: So that makes it seem like the mental thing is more about the *reason for* the potato peeler and the bodily thing is more about the *getting to it*. Is that right?

28:35 Tristan: Y'know, y'know, forget about the, the needing to peel. Well, I don't know. I don't know how much that's a component. The, I, I can't, I can't go into that much more detail than I'm just sort of thinking that I need to get this potato peeler to peel these potatoes and I'm sort of thinking about... And that's sort of like, to get into the mental part, there's, um, yeah, I would say that that's all about the potato peel mentally.

29:07 RTH: Okay. Amber, you wanna go back and ask about the music or whatever?

29:10 AG: Yes. So there's this music playing thing, [Tristan: Mm hmm.] um, how, how is that present in your experience?

29:18 Tristan: I'm just, uh, I'm aware of it. I'm listening to it.

29:23 AG: And by aware listening, is it that I am hearing it and I'm just directly apprehending it? Or is there anything else...?

29:36 Tristan: Yeah, I'm just, I'm just sorta hearing it and apprehending it.

29:40 AG: Okay.

29:40 Tristan: And, and it's, it's in my consciousness. Not, it's not an unconscious process.

29:45 AG: Okay. And, um, is it just that I'm hear? Is it that I'm hearing, I know I, and as a fact of the universe, there's music playing. It could be jazz or, or whatever. Is it that I'm hearing jazz music? Or am I just hearing music or [Tristan: I'm.] just even more vague?

30:04 Tristan: I'm, I'm, I'm hearing music at that moment.

30:09 AG: Okay. Okay. And is there any part of that that I, that I'm particularly into? Or is it just the music playing and I'm just hearing it as it's, as it's going by?

30:20 Tristan: That's it.

30:21 AG: That's it. Okay. [to RTH] Um, anything more to be said about that? No. Okay. Alright. And then the next thing, uh, there's this anxiety thinking about the beeps and the equipment thing.

30:35 Tristan: Yeah.

30:36 AG: Uh, okay. Tell, can you tell me about how that's in your experience, or experienced?

30:42 Tristan: Well, uh um, I would say it's sort of like a, an anxiety and, um, and I'm sort of have two things that I'm sort of at the same time. So I'm thinking just sort of like about the fact that I don't have enough beeps and everything has gone wrong with the beeper today. And sort of, it's not in those exact words, but those are sort of the words I would, I would put to it if I had to put words to it. Um, so that's, yeah. So I, I, that's one component of it.

31:14 AG: Okay. And this thinking about, uh, not having enough beeps, everything is all wrong. I hear that it's not in words. I hear that that's kind of the specific thought. It's like that's what's happening, but it's not quote, "I don't have enough beeps," or, or whatever?

31:29 Tristan: Yeah.

31:29 AG: Okay. Are there, is there any images or visualization pieces, anything else involved with that?

31:36 Tristan: No.

31:37 AG: Okay. And, um, is this, um, I take it that there's like this anxiety, there is this like, I am anxiously thinking I'm not having enough beeps or equipment's messing up or everything's gone wrong?

31:57 Tristan: Um, I guess you could say that,

32:12 AG: I guess what I'm trying to get a sense of is, is the anxiety a part of this thinking or is it separate in your experience?

32:27 Tristan: I, I guess, I guess you could say it's a part of this thinking. But then I'm also have anxiety about thinking something else, so, [AG: Mm hmm.] So I have this anxiety, just overarcng anxiety, and these are two components of it.

32:43 AG: Okay.

32:46 Tristan: But you could also say, I could also just say I'm anxiously thinking about both of them, so,

32:54 AG: Hmm. So it's to my ear. Okay. Go ahead.

33:00 RTH: And, and could you also say: I'm thinking about both of them, and that *is* the anxiety that, uh, to call this anxiety is really to name a cognitive thinky, thinky swirl, not definition, not not to find thinking stuff. So what, what I'm trying to get there is, does this, is this, (and I'm not saying it should be), but it, is it that the, what we're calling anxiety is a mess of thoughts? Or does anxiety have a feeling to it along with this mess of thoughts?

33:45 Tristan: I guess anxiety is like, a whole is, well the, the way I see it, the anxiety is going longer than these specific thoughts. It's like, so I was anxious about *this* thing, and then the next, and then 30 seconds later, um, my anxiety might have turned to, to *this* thing, y'know? So it's sort of like a, this an, an anxious atmosphere at this particular moment. I am guess I'm anxiously thinking about the, the, the beeper. Um,

34:20 RTH: And is there any way to, to describe the anxiety *itself* that seems to be present beyond: it was present before about that other thing and then present about this third thing and then present about this other thing, but the anxiety seems to continue on? Can you describe that anxiety? Or is it that at the one case I'm anxiously thinking about that; and now I'm anxiously thinking about this other thing; and now I'm anxiously thinking about the beeper in the kitchen; and they're all just anxiously thinking?

34:58 Tristan: Um, they're, yeah, I, I don't know. I, I, I would say it's just, um, yeah, I, I would say I would, I would just say I'm, I'm anxiously thinking about this, I guess.

35:20 RTH: Okay. And the two things that, that we're anxiously thinking about are: problems with the beeper getting things done in the kitchen.

35:28 Tristan: Yeah. And of those two things, um, actually they're both probably equally prominent, but the, the, um, yeah, I'd say they're both equally prominent.

35:41 RTH: And about the beeper, you said that there were several different aspects: that it had screwed up, there weren't enough beeps to whatever. Is there multiple things in the kitchen thing? Or...

35:56 Tristan: Um, no. The, the, the kitchen thing is more just one overarching thing of like, I have, I have a lot of things to do and I need to do them all.

36:07 RTH: A lot of kitcheny things to do.

36:09 Tristan: Yeah.

36:10 RTH: Okay. And I think I'm pretty good about that.

36:18 AG: Yeah, that sounds good to me as well.

36:21 RTH: On to number 3?

36:22 AG: Um, did we get every part of that? Oh, yes. Uh, there is one more part of that.

36:27 RTH: Okay.

36:27 AG: Um, uh, or I wanna make sure that we're, is there a bodily piece to this at all?

36:37 RTH: To the anxiety, you mean?

36:38 AG: Yes. To this anxious thing going on here.

36:46 Tristan: Um, probably an element, but yeah, I, I would say there's a diffuse bodily anxiety.

36:57 AG: Okay. And is that direct that's directly present at the moment of the beep?

37:02 Tristan: Um, yeah.

37:07 AG: Okay. And is that, um, I guess, connected part of the mental thinking about all these things that need to go on? Or is that a separate thing? Is that experienced as a separate thing?

37:28 Tristan: It's part of it.

37:29 AG: Okay. So if I got to make sure I got this right, there's a, this is a anxiety, there's a diffuse bodily component and there's this kind of thinky component, and that further down involves the beeper and the kitcheny stuff. [Tristan: Mm.] Yeah. Okay, then I'm good.

37:54 RTH: Me too. Number 3.

SAMPLE 8.3 DISCUSSION STARTS HERE

38:01 Tristan: Um, so I am, I'm thinking about putting potatoes in a dish. Um, and I'm sort of, I'm sort of, I sorta have like a bodily concentration on this task I'm doing, which is putting potatoes in a dish. Um, and, um, I hear the word "learned" so my parents are speaking, um. And I have this sort of vague, uh, mental and diffuse bodily anxiety, um, around that is not specifically in words, but if you wanted to, it's something about them fussing around and them being frustrating. Um, yeah.

39:24 RTH: And is any of that more prominent than any oth, other aspect?

39:30 Tristan: I would say probably the putting potatoes in the dish.

39:39 RTH: Let's, let's start there. So there were two aspects of that, as I got it. A mental and a bodily?

39:49 Tristan: Right.

39:50 RTH: And do those things sorta seem like, sort of separate deals? Like I've got a, I'm thinking about putting the potatoes in the dish *and* my body is concentrating on that?

40:02 Tristan: I, I would say they're wrapped up together.

40:04 RTH: Okay.

40:06 Tristan: It is, they're kinda hard to separate.

40:15 RTH: Well, let's start with the bodily aspect here. So I'm bodily concentrating. What is, as I understood it, what does that mean?

40:24 Tristan: Um, so I'm sort of thinking about where I need to put the potatoes and my body is moving the potatoes and, uh, and putting them down and, and filling gaps. So I've sort of have like a mind-body potato-filling connection going on.

40:53 RTH: So is it just that my body is doing this and I'm experiencing my body doing this? Or is it, uh, I am feeling something anticipatory, concentrating doing?

41:09 Tristan: That second thing sounds good. I like that.

41:12 RTH: Okay. So does that, that makes it seem sort of similar to the previous beep, and I wonder whether that's true. The previous beep was about my body is directing itself to get to the potato peeler.

41:25 Tristan: Yeah.

41:25 RTH: Is this the same thing my body is directing me to get to the potatoes in the dish?

41:30 Tristan: Yeah, it's a similar thing.

41:32 RTH: Okay. And in, and in this one, in the potato one, [Tristan: Mm.] it's not just that I experienced my body putting the potatoes into the dish, it's that I am specifically concentrating on how to do that or, [Tristan: Yeah.] an, anticipatorily doing it.

41:55 Tristan: Yeah.

41:56 RTH: Okay. And that's a bodily thing?

Russ comments: That does seem similar to sample 8.2. See the comment at 25:29.

41:59 Tristan: Yeah.

42:00 RTH: And also a mental thing.

42:01 RTH: Okay.

42:01 RTH: And then the mental aspect.

42:07 Tristan: Mm hmm.

42:09 RTH: How does that, how, how do you apprehend that?

42:13 Tristan: Um,

42:14 RTH: And you broke up a little bit ago in your previous thing, so maybe you should start about the mental thing from the beginning.

42:20 Tristan: Right. The mental thing is sort of, if you had to put it into words, it's sort of like a, *which potato goes where, how many potatoes go, he, there, how should they overlap and how much space to leave*. So it's a sort of thinking about the process of fitting potatoes together.

42:41 RTH: So that makes it seem like pretty analytical. This is not just, I gotta put these potatoes in here, but I gotta put *this* potato *here* and *that* potato *there*.

42:50 Tristan: Yes.

42:51 RTH: Okay. With some misgiving or is that pretty much right on the nose?

42:56 Tristan: That, that, that's it. But, um, y'know, what, what part of that whole thing is present that exact moment before the beep is, is hard to say, but that's part of the overall thing is, is, uh, thinking about what potato goes where.

43:16 RTH: Okay. And I, the impression that I've got is both the bodily and the mental are pretty, pretty granularly specific, I guess I would say. It's about this potato having to go in that space. And rather than I'm just trying to get these potatoes into the right kind of a layer or something.

43:44 Tristan: Um, it's about getting *these* potatoes into these *spaces*.

43:50 RTH: These specific potatoes slices into these specific spaces?

43:55 Tristan: Yeah.

43:55 RTH: Okay. Okay. Do you have any other questions about that aspect, Amber? And then there's the word "learned." I hear the word "learned."

44:10 Tristan: Um, yes. This is, um, this is the last words my parents have spoken, or my mom or something. And that's the word that's present at the moment.

44:26 RTH: And so is that present just because it's the, in it's interrupted, y'know, my parents are speaking, the beep happens and I can say, well, the last thing that I heard him say was "learned,"

44:38 Tristan: Yeah.

44:40 RTH: Or, as opposed to, I had been hearing a particular word, whatever that was, and then another word, whatever that was, and then another word, whatever that was. And now I'm hearing the word learned and the beep catches me there.

44:52 Tristan: Say it's closer to the, the former.

44:55 RTH: Okay. So my parents are,

44:57 Tristan: I'm also, I'm also listening with comprehension as well. So it's not as if it's just the word.

45:06 RTH: So is it more like, I hear what my parents are saying, and the beep catches me in the middle of understanding what they're saying, and when I'm telling you about it, I can say it's about the word, but "learned." But I could have also said it's about the, you know, whatever that, whatever that concept was. Y'know, George, they were gonna say that "George learned how to play the piano," or something like that the,

45:31 Tristan: Yeah. I, I would say that's, that's closer to the truth.

45:35 RTH: So it's more about I understanding what they're saying rather than I'm hearing the words they're saying.

45:41 Tristan: Yeah.

45:42 RTH: Okay. And then there's an anxiety around their fussing.

46:00 Tristan: Hmm.

46:00 RTH: And how's that present?

46:02 Tristan: Um, this is mostly a mental anxiety. Um, so I guess there's less of a diffuse bodily component, but mainly just a sort of, um.. Yeah, it's, it's not into words, so it's not super specific, but it's just sort of like an anxiety around them kind of being frustrating.

46:33 RTH: So is a, is this about Tristan? / I feel frustrated about that. Or is this about *them* being the frus?

46:42 Tristan: It's the, the things they do are frustrating.

46:48 RTH: So somehow present to me in a diffuse kinda way, mentally is a bunch of stuff that they, that they do that frustrates me.

46:58 Tristan: Um,

46:59 RTH: That, that would be, that would be like, there's a,

47:01 Tristan: It's the fact that, that this conversation is part of, this whole conversation is frustrating, or *could be* frustrating, or the way they're acting is sort of frustrating, or what they do is frustrating, but it's related to the conversation. It's what they're saying and doing is frustrating in some way.

47:23 RTH: So what they're saying is doing is frustrating. And, and that may very well come from the fact that they have done other, other stuff that I found frustrating. But that other stuff isn't present to me at the moment.

47:32 Tristan: Yeah.

47:32 RTH: At the moment it's this thing that they are doing is frustrating to me, but it's not particularly about this thing, it's that I'm,

47:43 Tristan: It's frustrating or, or *could be* frustrating.

47:50 RTH: So does that mean that I'm not feeling frustrated at the moment, but I'm recognizing the frustra-tative potential?

48:00 Tristan: Sure.

48:02 RTH: Okay. Okay.

48:16 RTH: Then I think I'm good about that beep.

48:19 AG: Me as well.

48:20 Tristan: Okay, cool, alright.

48:23 RTH: So shall we, so shall we do this? Shall we do this again?

48:26 Tristan: Sure.