

**TRANSCRIPT WITH COMMENTARY**

***Amber G.: A college senior  
and  
DES practice for a graduate student***

**Amber Interview 3**

Below in black is a word-for-word transcript of the April 28 introductory interview with Amber that is available on YouTube at <https://youtu.be/MJDM56-p8kE>.

In green are comments about and explanations of the Descriptive Experience Sampling process.

This interview serves as practice for a DES graduate student, Cody Kaneshiro. A masterclass conversation can be found at <https://youtu.be/Zs-YyHxv3SY>.

If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

CK = Cody Kaneshiro

Amber = Amber G.

- 0:02 RTH: So this is going to be Amber's day three. [CK: Three.] And we got a different timer set up so that we can, talk about it later if we wanna talk about it later. And other than that, it's sort of the same deal that we've, that we've had going here. And these beeps are from yesterday. If I'm not mistaken. [Amber: Yeah.] Is that correct?
- 0:31 Amber: Mm hmm.
- 0:34 CK: Any problems with sampling, with the earphone, anything like that?
- 0:37 Amber: No. I'm kind of interested, truthfully, about how these are gonna be, because I feel like this one was like, there was a lot going on in my environment, like other people and meetings and stuff, so.
- 0:49 RTH: Well, [Amber: (laughs)] we will, we will see.
- 0:52 CK: Mm hmm.
- 0:52 Amber: That's why I wanted to particularly sample.
- 0:54 RTH: So this, this was the day this was, so this is a Thursday [and Amber sampled on Wednesday], and you wanted to sample on a Wednesday because Wednesday was gonna be a busy day. [Amber: Yeah.] So that's when you said sort of at the outset, before we, before we started this adventure. [Amber: Yeah.] And so now we're gonna get a chance to see whether that was actually, made any difference or not.

1:09 Amber: Yeah. Yeah. I have less control of my schedule and my environment on Wednesday. So that was also another factor.

1:16 RTH: Okay. [Amber: Yeah.] Well, let's do it. Beep number 1.

### SAMPLE 3.1 DISCUSSION STARTS HERE

1:18 Amber: Okay. So in beep number 1. So, we were in a meeting. And we were talking about the summer because the semester is almost over and, uh, like there's been this kind of (this is all context), but there's been this kind of like, um, overarching feeling of nervousness around everybody because there's a huge number of people graduating and leaving, um next year. So, we were [laughs]. So like at the moment of the beep, I was feeling kind of frustrated because, like people are leaving and things are starting to get kind of difficult, cuz we're not sure how to like transition out of it to transition people into it. But there was just this feeling of frustration that I was having. But like the words, people were talking around me, those weren't in my experience. Um, but yeah, it was just like *my* own feeling of kind of like frustration. That's how I would describe it.

2:12 RTH: So does that mean at this particular moment, there's sort of a lot of going on in your environment, but as far as your experience is concerned, it's, it's just between Amber and Amber. [Amber: Yeah.] It's Amber's frustration as present to Amber. [Amber: Yeah.] And if somebody had said, *Hey Amber*, you would've responded to that, but...

2:27 Amber: Yeah, I think if somebody had called me, I think my experience would be different. Cuz then my shift, my focus may have been, shifted either *away* [RTH: Right.] from that internal feeling or it would've brought on a different feeling [RTH: Okay.] depending on what they said.

2:40 RTH: So. At this particular moment, it's Amber's frustration. [Amber: Mm hmm.] And how does that frustration, present itself?

2:50 Amber: Um. In terms of my experience, it's kind of like, I would describe it as almost like just this kind of internal, um, contemplating? Um, a lot of thinking, but there's no like words or anything. It's just a lot of like, well actually maybe not even thinking, but it's kind of like the exas, an exasperating noise, like, you know, on TV, people make exasperating are kind of like a *Uhh!* about things. Like that's kind of how I would describe it, but it wasn't a physical, that's not what is happening. That's more in my mind, that kind of.

3:27 RTH: So is, is there a, is there a physical experience? Is...?

3:30 Amber: I don't—no. No.

3:31 RTH: So this is a mental frustration?

3:33 Amber: Mm hmm.

3:34 RTH: And when you described it just a second ago, you said it was like, I was thinking about this and thinking about that, whatever. (I can't remember exactly what you said.)

- 3:40 Amber: But yeah. It was just, I think, because that's not really *present* in my experience. It's just like, that is what *causes* the frustration, if that makes sense.
- 3:50 RTH: So there's a cognitive overload [Amber: Um hmm.] or a cognitive simultaneity or something like that, [Amber: Yeah.] which, which you think is context? [Amber: Mm hmm.] But what you're experiencing at the moment, you, you would describe it as frustration. [Amber: Mm hmm.] So the frustration am I, am I understanding correctly? The, the frustration is *not* just a mass of, or mess of cognitions. [Amber: Mm hmm] It is something that, maybe, was spawn by that, but is different from anything that's cognitive?
- 4:17 Amber: Yeah. It's like a feeling of almost being stuck. Because there, all these cognitions, there's all these solutions in my mind of, things that could fix the frustration, but none of them work. So then it's like *stuck*. Ugh, and then. Does that make sense? I don't know if I'm explaining that well.
- 4:40 RTH: Well, what what's, what's our, what, what our task is, is to try to separate out what you mean by description and, what is meant by description and what is meant, [Amber: Right.] by, by metaphor. [Amber: Right.] And, and that's always a problem. [Amber: Right.] So I'm not being critical of Amber here in this situation. It's that this is what makes people interesting and makes this work interesting, challenging, whatever. [Amber: Mm hmm.] The, so when you say "I feel stuck," do you, is that a description of, I am at this moment feeling stuck or is that I'm trying to tell you where this frustration comes from and?
- 5:17 Amber: Oh, I'm trying to tell you where this frustration comes from.
- 5:19 RTH: So I don't there's, there's nothing that's *stuck*?
- 5:22 Amber: No.
- 5:23 RTH: Okay. And, And is there any way to describe this frustration, this thing that we're calling frustration?
- 5:35 Amber: If I were to describe it to somebody, just objectively, it would be like. Kinda like when you let out like a frustrated sigh. Like that's how I would describe my frustration.
- 5:50 RTH: But there's no sigh?
- 5:51 Amber: No. There's no physical sigh, but that's how I would describe the emotion if that makes sense [laughs].
- 5:58 RTH: So, it's the mental state that might go along with a physical sigh if I were to have sighed, but I didn't.
- 6:06 Amber: Yeah. I mean like maybe I did, I don't know, like that's not in my experience. Like if you had set up a camera who knows what my face looked like. I don't know what my body

was like, but my experience was the *feeling*, not really the actions that maybe that provoked. Like I don't know about that.

6:22 RTH: Okay. So I think feelings are the hardest part, the hardest thing to describe. And I, and I don't, and it wouldn't surprise me if there would be somebody on the planet who would be better at it than I am in asking, asking questions, but, but I think it's hard. [Amber: Yeah.] And, and, so I guess I'm sort of at the end of the questioning that I've got. So I I'm understanding you to be saying, *I feel frustrated*.

6:47 Amber: Mm hmm.

6:50 RTH: And I can't say anything really more about that, except that it's mental and not bodily...

6:55 Amber: In my experience it's mental. I don't know, truthfully, I don't know if maybe I was making a face. I don't know if I did sigh. Yeah. I don't know. And that's not conscious to me.

7:04 RTH: And that, and that's good. [Amber: Yeah.] That's, that's the distinction that we're trying to make. As far as your experience is concerned. [Amber: Yeah.] It's mental, not bodily.

7:10 Amber: Yes.

7:13 RTH: And it's the kind of thing that would go along with a *sigh* if there (and there might have been a sigh.) But on that, there's not much we can say about it.

7:19 Amber: It. No, there weren't like any words present, like the people talking around me—that wasn't present. It was just.

7:25 RTH: And the thoughts *themselves*, the, the frustrating thoughts were not present?

7:29 Amber: No. It was just the feeling.

7:34 RTH: So I'm good. Unless Cody's got something.

7:37 CK: Yeah. I think I'm good too. And I'd agree. I mean, I think feelings are probably the, [Amber: Yeah.] trickiest thing to talk about, right.

7:47 RTH: Number 2.

### SAMPLE 3.2 DISCUSSION STARTS HERE

7:49 Amber: Okay. [CK: Beep 2.] So this one was kind of interesting because when the beep went off, I actually was trying to think of what, I could, like what was happening? Like I, I don't know if anything was happening, truthfully. Um, because I mean, I mean, there, like for context purposes, there was definitely like this, it was like a, again, like another ways kind of frustrating, kind of situation. Um, but in terms of conscious awareness of what those feelings were, there was not really anything like *there*.

8:30 CK: So just sort of there's, the context of this is I'm in a frustrating situation, right? [Amber: Yeah.] Like there are things going on. [Amber: Yeah.] None of those things are really, I'm not, directly apprehending any of those things. [Amber: No.] That people might be talking or I might be right, who knows, but none of that's really present. So just....

8:44 Amber: Right. Like at the moment, right before the beep. No, like, I, I it's interesting to me, like this is, can I bracket this too? But this is like an interesting thing that I was thinking about after I had written it all down. It was like, if the beep had gone off, a minute earlier, or a minute later, I think I would've had different things to write, but, or different things to say. But at *that* moment, I, I don't think there was really much.

9:07 CK: And it's not like the beep went off and I don't know what happened, right? [Amber: Yeah.], Like, it's not like the beep went off and I'm like, oh, something was there, but I didn't get it right? [Amber: No.] This is a, the beep went off, and.

9:07 Comment: In both CK's 8:30 and 9:07 turns, he is solidifying or reifying what Amber said in her 7:49 turn, and RTH thinks that is technically problematic. Here's why:

In her 7:49 turn, Amber was quite heavily subjunctified (highlighted here): Like I, I don't know if anything was happening, truthfully. Um, because I mean, I mean, there, like for context purposes, there was definitely like this, it was like a, again, like another ways kind of frustrating, kind of situation. Um, but in terms of conscious awareness of what those feelings were, there was not really anything like there.

But CK's 8:30 turn omits that subjunctification, giving instead a clear, declarative account of nothing in awareness. "None of those things are really, I'm not, directly apprehending any of those things. [Amber: No.] That people might be talking or I might be right, who knows, but none of that's really present."

The problem is that when we get to the end of the interview about this sample, we will conclude that there was nothing in Amber's experience at the moment of the beep, but we will be open to the criticism that CK led her in that direction, rather than honoring her subjunctification.

The moral to the story: Amber's opening statement had two parts: (a) *there might have been nothing* and (b) *I'm not sure*. It would have been better if CK had responded to both the *nothing* and the *I'm not sure* parts.

The general principle: The interviewer should never be more confident than the participant.

9:16 Amber: Yeah. Like I was like, yeah, I don't think anything happened. Like I even wrote, I don't think much of anything was going on. Like, cuz I was like, I, it's not like I was like, oh, what was that? What was that? What was that? There? wasn't that feeling afterwards. [CK: Mm hmm.] It was a feeling of, I don't think anything was going on truthfully. It's kinda like, *oh*, like at that, specific moment. If that makes sense.

9:42 RTH: So, in, in your opening line was I was trying to think what was happening. [Amber: Yeah.] But I'm gathering now from the rest of the conversation that, that was after the beep? [Amber: Yes.] At the beep there was nothing happening.

9:54 Amber: No. I don't....

9:54 RTH: And then slightly after the beep when I look back at it. [Amber: Yeah.] And tried to ask myself what was happening that I, I got nothing.

10:01 Amber: Yeah. Yeah.

10:02 RTH: Okay. And so is it our understanding that there is (as far as your experience is concerned) nothing going on at this particular moment?

10:12 Amber: I think I, yeah. As far as I can say. Yeah. I think so.

10:16 RTH: So there may be stuff in the, down in the weeds or something. [Amber: Yeah.] But as far as, as far as you can pick out thematically, there's nothing going on.

10:26 CK: No. Nothing like unambiguously present, right?

10:28 Amber: Yeah. It wasn't like anything that like, like all these other ones that I've talked about, it was like, *that* was what was happening. This one is like. Yeah, I couldn't think of it. Like if I have to redraw the image, then I might be able to pick things up. But that would be me picking things out for the sake of picking things out rather than in the experience itself.

10:48 RTH: So what's the difference between this beep and the previous one?

10:51 Amber: This one, there was like, I didn't really have any conscious awareness of a feeling. There was just a like, like the other one, I was like *actually* feeling like, negatively. This one, I, I kind of am not sure what I was feeling at the time, at that exact moment, at least. Like, and even reflecting on that conversation, I don't really know like the entire conversation, not just this moment, but the entire conversation there was like, whatever. But yeah, at the moment of a beep it was like, there, it just wasn't anything, anything in particular.

11:27 RTH: So these two samples, one and two here are similar in the sense that there's sort of an overwhelmingness or whatever around [Amber: Yeah.] that has led me to not know exactly where I'm gonna go. [Amber: Yeah.] But they're, what I'm understanding is, a, that they're different in that in the *first beep* there is distinctly present to you a feeling of frustration. [Amber: Mm hmm.] And in the second beep even *that's* not there.

11:46 Amber: Yes. Yeah. That's not even there. No.

11:48 CK: And you were saying earlier that there are no feelings in there, but is that to say, were there any like bodily sensations? Or like I took you be saying none of that, [Amber: Right.] But I wanted to be, to clarify, to make sure, [Amber: Right.] Like.,

11:58 Amber: Yeah. Nothing that I could pick out. Like again, like if we had a camera, maybe there would've been something happening, but in my experience, no.

12:09 CK: Okay.

12:09 Comment: So at the end of this sample's interview we have concluded that there was nothing in Amber's experience at the moment of the beep. That of course may be true, in which case CK's questioning at 8:30 and 9:07 could be said to have helped move the discussion along. But because he was more confident at 8:30 and 9:07 than was Amber at that time, we have to be worried that CK may have "led the witness."

Suppose, by contrast, that CK had "dragged his feet" at 8:30 and 9:07, matching or even exceeding Amber's level of doubt about the degree of nothingness. If he had done so, and we had still arrived at the nothing-in-experience conclusion, we would be justified in being more confident of its aptness.

The moral for DES interviewers: If you get to the end of the interview and have the feeling *I was right!*, then you were wrong. DES is *not* about mindreading, *not* about interpretation. DES is about helping the participant get into a position where mindreading and/or interpretation are not necessary.

12:10 RTH: I'm good. Number 3.

### SAMPLE 3.3 DISCUSSION STARTS HERE

12:13 Amber: Okay. Um, okay. So. Okay. So, [laughs] we were talking about how, this is other people. We were talking about, like, um, how, how there's a lot of positive talk around. And I was feeling, I—there's a lot of feelings [laughs]. I was feeling uncomfortable and confused. That's like the words I would describe it as discomfort, awkwardness and confusion. That's how I would describe that because it just felt it was something, disingenuous about what we saying and what we were feeling about the stuff we were doing and, and just how we were describing things. That's just what was going on. But the feelings I was having was awkwardness confusion, and dis, a, discomfort.

13:10 RTH: Okay. [Amber: Yeah.] And do those seem like three separate things or does that seem like one thing that has sort of this aspect, and that aspect, and this other aspect?

13:22 Amber: One thing that has like those kind of three aspects, because it was like, yeah, it, it was.

13:27 RTH: So I'm having a, I'm having a feeling that if I look at it from this direction, I could say it's uncomfortable. And if I look at it from this direction, I could say, well, it's awkward. And if I look at it from this direction it's?

13:36 Amber: Yeah. But I would consider that all to be one thing.

13:40 RTH: But it was all one, all one, all one thing [Amber: Yeah.] with different aspects. [Amber: Yeah.] Okay. And, and are we still in the same basic situation? This is still a lab meeting?

13:49 Amber: No, this is like afterwards.

13:51 RTH: But same people, same people?

13:53 Amber: No. Different people.

13:55 RTH: Okay.

13:57 Amber: So it was like, um, it was like maybe in, two hours after the first frustration. [RTH: Okay.] This was just something we were just talking about. Um, we were just talking about our work, and we were just talking about like, um, just something completely different. And it was like, not even on topic with the lab. It was just our own thing we were talking about. And, yeah, it just something which just felt really disingenuous about it.

14:20 RTH: Okay. And. And so the conversation is, I'm gathering, sort of a positive thing. The people, what the content, at least, is positive.

14:34 Amber: Yeah. But the feel the.

14:36 RTH: But your, your reaction is not what was sort of intended by the conversation?

14:42 Amber: Yeah. It was weird. It was like, we were talking about something positive. But it's like, you know, people are talking about something positive, but you can feel the room is not positive. It's kind of like that. Like, that's how I would describe that.

15:01 RTH: Okay. And. And so how, how, how does this feeling present itself to you?

15:10 Amber: Um, Definitely. Okay. Definitely me like squinting my eyes like this. [squints] Like, um, like, yeah, it was like, it's like a, I don't, I don't know how to describe that. It was like, it's like squinting your eyes for some reason. That's just how I would, describe that.

15:32 RTH: And so do you mean to say at the moment of the beep I felt my physical eyes squinting? [gestures with his fingers wiggling next to his eyes.] Or do you mean to say this is the kind of feeling that maybe my eyes are squinting?

15:43 Amber: Yeah. I think it's more that. Maybe my eyes were squinting. I, or maybe I was some kind of face, I don't know, or doing something.

15:48 RTH: So if, if I were going to externally express this bodily, I would squint my eyes, basically.

15:54 Amber: Yeah. Mm-hmm

15:55 RTH: Okay. And whether I was or not, I don't really know. [Amber: Yeah.] But that was not in my experience? The eye squinting was not in my experience? [Amber: No.] The eye-squinting-like experience was in my experience. [Amber: Yeah. (laughs)] Okay.

16:05 Amber: Yeah. It was just a feeling because of what, because of the, whatever was going on.

16:11 RTH: And is there anything bodily in your experience at this moment? If it's not the eye squinting, anything, anything in your body?

16:20 Amber: Um. Not that I can pick out definitively. I feel like if I think about it, well, not even I think about it, but like if I did it again, I feel like I would, I would be able to pick something out, but like right now, no.



16:40 RTH: Well, I, I don't want my questioning to have the implication that there *should be* something bodily. [Amber: Right, right.] Which I don't think there, I don't think there should be. [Amber: Right.] I think feelings can be *bodily* and feelings can be *mental*. [Amber: Mm hmm.] And there's, and, and different people do it different ways. [Amber: Right.] And some people do it different ways at different times. [Amber: Yeah.] So I would, I, I am explicitly *not* suggesting that you should go looking for bodily things. [Amber: Mm hmm.] It *may* be that since we've talked about this, that would, you would be more adept at seeing bodily things or experiencing bodily things going forwards. [Amber: Yeah.] And maybe not. Either one of those things would be fine with me. [Amber: Okay.] What I *don't* want you to do is to feel like you have to *catalog* things. Well, Hurlburt asked me about my, rest of my body, I should go look at it in the rest of my body and see whether something was there. [Amber: Right.] That is *not* what I want you to do.

17:28 Amber: Right, right. That makes sense. I think I, well, like what I'm trying to say is that, like, I never really, am paying attention to those things. Even, even in like, especially in this session, like, I definitely was *not* paying attention to that. So like, if it was in my experience, I didn't *get* it. Like, I, I didn't get it.

17:45 RTH: And by in this session, do you mean here at this table? Or in the meeting that you were having, the conversation that you're having at the time?

17:52 Amber: Both. Like, even when I, like, when I'm writing things down here, like, or when the beep goes off and I have to, you know, when I'm thinking about my experience, it's like, there is nothing happening physically that I feel like I could pick out. But like, I feel like if I paid attention to it, or like, if I, if in my experience, I feel like I would, find something potentially. [RTH: Okay.] Yeah.

18:23 RTH: So this, is so far, what I understand is, [Amber: Mm hmm] this is a mental phenomenon that has aspects of uncomfortableness and awkwardness and discomfort, I guess, is?

18:34 Amber: Confusion.

18:35 RTH: Confusion.

18:36 CK: Discomfort, awkwardness, and confusion.

18:37 RTH: Confusion. [Amber: Yeah.] Yeah. And confusion. And, if I externalized that bodily, it would be like, I was squinting my eyes. [squints] Like what, what, but I don't, I don't feel that at the moment beep. [Amber: No]. And I don't feel anything at the b, at the moment of the beep. [Amber: No.] And is there anything else to be said about this?

18:57 Amber: Um, oh, one more thing I do wanna mention is that definitely in my experience is, um, like the feeling as well as seeing, like seeing people, like the person that's talking.

19:14 RTH: So at the moment of the beep, I see the person who's talking. [Amber: Yeah.] Shall we give this person a name? Doesn't have to be the real name, but with call him or her by some name.

19:25 Amber: Yeah. I don't know. I can't think of anything.

19:27 RTH: Bill. Is that his name?

19:28 Amber: Yeah, sure.

19:29 RTH: Is it a male person?

19:31 Amber: No. It was a female person.

19:31 RTH: So let's call her Mary.

19:33 Amber: Okay.

19:35 RTH: So Mary, you see, you see Mary?

19:37 Amber: Yeah. And then the feelings too, but like, it, like, it's almost like Mary is, half there. Like the, like in my experience, it's like she's blurry. But the feeling is *stronger*.

19:52 RTH: So, and when you say "Mary is blurry," do you mean that literally, that the, my seeing of Mary is a blurry seeing? Or do you mean, *I'm just paying more attention to the, to my own stuff*. My own awkward, [Amber: Yeah.] disingenuous, confusion, whatever?

20:09 Amber: Whatever. Yeah. Like I'm paying more attention to the feelings and those are more present to me than the, the physical. [CK: The seeing] Yeah. The seeing her physically. Even though I'm obviously looking at the person that's talking, like, like it's just, it's there, but it's not, um, in the forefront.

20:30 RTH: Okay. Yeah. And so not in the, for, *not in the forefront* is different from *blurry*. [Amber: Yeah.] So are we retracting blurry? Are we stepping back from blurry?

20:38 Amber: No, I, I wanna still call it blurry. [RTH: Okay.] But I, I guess I'm just trying to describe what I mean by that. Like not physically blurry, like I need to put on glasses or something. It's like blurry like it's out of focus, like when a camera is out of focus because there's something else that's in focus.

21:00 RTH: So I see her out of focus [Amber: Yes.] And I could, if I wanted to, for whatever focus her, but at the moment, I'm not.

21:07 Amber: Yes. Because the feelings are more present.

21:09 RTH: And I mean that "out of focus" as, and this is the question that's sort of at the heart of this. I mean this out of focus as a *visual* phenomenon [Amber: Yes.] That her features are not sharp. [Amber: Yes.] It's *not* just a metaphor that would say, well, because I'm more focused on my own feeling that I....

21:29 Amber: No, it's not a metaphor. It's like, like she's there, but the feelings are stronger. So like her, like even the *background* is like blurry too. Like her and background, or like a same level of like out of focus because the feeling is stronger.

21:46 RTH: Okay. And that's *visually* out of focus?

21:49 Amber: Yes.

21:51 RTH: Not just metaphorically [Amber: No.] because I'm thinking about something else.

21:55 Amber: No.

21:56 RTH: And, and would you say that my attention, so I've got my divide, my attention is divided, I'm understanding, mostly in my feelings, less so on the, the Mary?

22:07 Amber: Yes.

22:10 RTH: 60-40? 90-10? 99-1? Or doesn't that make sense?

22:13 Amber: 80-20.

22:14 RTH: 80-20. So quite a bit more on myself. [Amber: Yeah.] A little bit on Mary.

22:17 Amber: Yeah.

22:18 RTH: But as far as my experience at this particular moment.

22:22 Amber: Yeah.

22:22 RTH: It's my,

22:23 Amber: It's my *feelings*. [RTH: My feeling.] Not really what she's saying or even her talking or even her sitting where she's sitting, like if I'm turning to the right turn to left wherever across this way, it's just my feelings that happen to be stronger at the moment.

22:42 RTH: Okay.

22:43 CK: So I'm seeing an out of focus, Mary and feeling discomfort, awkwardness, confusion.

22:48 Amber: Yes.

22:49 RTH: Except the other way around.

22:51 Amber: Yeah. Whichever. [CK: Yeah.] They're all kind of, I wouldn't say that there's any order. It was like, uh, I feel like they're all kind of happening at the same time. Like I just wrote them in that order.

23:04 RTH: I was, I wasn't meaning to imply a temporal order, but an experiential order.

23:09 Amber: Yeah. There wasn't really any order. It was just kind of all at the same time.

23:12 CK: That's all there. [Amber: Yeah.] The seeing the, the out of focus seeing and the feelings.

23:14 Amber: Yeah.

23:17 CK: Okay.

23:19 RTH: Okay.

23:27 CK: Okay. [to RTH: on to the next beep?] [RTH: Yep.] Okay. Beep 4.

**SAMPLE 3.4 DISCUSSION STARTS HERE** (a masterclass discussion of this sample is available)

23:30 Amber: Okay. So the, this is another feeling, [laughs] but it was one of this kind of weird... Okay. How, how am I going to describe this? So in, in our like teams, there's like this weird kind of power imbalance that's been established just in the way that we are working together. And, um, that's not really anybody's fault. It just, it just *is*. It's like unfair power. I wrote down unfair power imbalance is established. So it's like among people of the same level, but there's this weird power imbalance established. So, when people are talking about things, they're talking about them in such a way that forces this power imbalance into them, which is messing things up. So, I was thinking about the stress that, that has put me under because I kind of fall outside of that whole thing. Just because of my position. I, I, I fall within it, but also without it. So I was thinking about the stress that has put on me, like just in general. Um, do I feel stressed at the moment? No, but I'm thinking about the stress, like I was thinking about. Yeah. That's just how I discovered the stress that it's put on me and, and others throughout the course of this power balance being established.

24:57 CK: So this is not a feeling thing like the others. No, this is a more of a thinking. I take you be saying like a cognitive-y, [Amber: Yes.] sort of thinking thing.

24:57 *Comment: Thinking according to Webster is indeed a cognitive-y kind of experience. However, DES participants typically use the word thinking to describe whatever characteristic they engage in most frequently, and that might be sensory awareness, inner seeing, feelings, and so on (Hurlburt & Schwitzgebel, 2007, p. 61). As a result, RTH thinks that it is risky for CK here to presume that Amber is describing a cognitive kind of experience. If Amber's at-the-moment-of-the-beep experience was really, say, sensory awareness, CK's 25:03 turn discourages Amber from describing that. If Amber's at-the-moment-of-the-beep experience was really cognitive, then CK's turn has deprived the interview of the opportunity to become legitimately confident about that.*

*There is discussion of this in the masterclass video.*

25:04 Amber: I'm thinking about a feeling.

25:04 CK: Okay.

25:07 Amber: Yeah.

25:07 CK: And how is that thinking present?

25:10 Amber: Um, it's like, it's like a reflect, it's like a, it's like a weird reflection, I guess, because it's not definitive words or images or anything like that. It's not really definitive. But it's like a montage, of all the times that I was put under stress because of that situation. Thos, that establishment.

25:41 CK: And montage makes it sound like it's sort of like a, like a seeing sort of a thing is, is that there? Or is this a, well, what I'm trying to get at is, you know. I take you'd be saying there's kind of a lot of things going on here. [Amber: Yeah.] Right. And those things, [Amber: Mm hmm] how is that present to you?

26:01 Amber: Um.

26:03 RTH: So can I, can I interrupt that? [Amber: Yeah.] That. So I, I understand that we're saying that this we're using the word *thinking* to apply, thinking about a feeling, I guess is what you said. [Amber: Yes.] I, what I don't want us to do is to fall into the trap of, of making that, thinking of, being at all cognitive, necessarily cognitive. [Amber: Okay.] So we've got, we have, we're having some kind of a reflection on a, on a feeling, I'm understanding that. [Amber: Mm hmm.] But I, I don't want us to jump into what that is like, and I don't want us to think, well, she said "montage," but she was struggling to have to, to say something. She was trying to.

26:44 Amber: To put into words yeah.

26:44 RTH: Trying to put into, into words. And I don't want us to make, to get to, I don't want us to hold it to that until she's ready. Ready for it.

26:51 Amber: Okay.

25:54 RTH: So, I understand that we're, we're reflecting on the feeling. [Amber: Yeah.] We're some somehow, bringing the feeling to, to ourselves, [Amber: Mm hmm.] or this feeling is coming to ourselves. [Amber: Mm hmm.] Can we start over at that point and say, what is the, how does, how does that reflection, for a better, lack of a better word, come?

27:19 Amber: Yeah. It's like, okay. So it is like, almost identifying. It's identifying that... Like it's a reflection on all these things, but it's also at, at like a similar, I guess, point it's like an identification. It's like, this was difficult. Like that, like, it's not just difficult for, for me in, in this moment. It's been difficult for a while. Does that make sense?

27:43 RTH: So that makes it sound cognitively, analytic. [Amber: Yeah.] Which, and, and I'm not trying to talk us out of the cognitive analytic. I just don't want us to.

27:50 Amber: Get stuck.

27:50 RTH: I don't want us to fall into that

27:52 Amber: Right. [RTH: Layer or whatever.] Right. Yeah. It was almost at the time, it was like. It, it, It was, it was obviously an active reflection that, that led to kind of like, like an identification. It was like, yeah, this, this has been difficult. Not just right now because of what's going on, but this whole time.

28:13 RTH: So let me, let me ask one more leading question and see what happens [Amber: Okay.] from this question. So, is, it, is this re, what we're calling a re, reflection here. [Amber: Uh huh.] Could that possibly be a, a feeling? Like I have a feeling about these other feelings? Or is this a cognitive understanding of...?

28:13 Comment: RTH is still worried that the interview has emphasized the cognitive as the result of the CK 25:03 turn. He wants to level the playing field with respect to the cognitive-y tack, and does so by asking a question that leads the witness in another (feelings) direction.

This is a rather fraught maneuver, relying on the possibility that two wrongs make a right, but he can't think of a better alternative. He doesn't want to let the (possibly presuppositional) emphasis on cognitive-y experience go unexamined, so he suggests feeling as an alternative. No matter Amber's response, RTH will think the water has been muddied about this sample, so his question has more iterative-training potential than clarifying-the-present-sample potential.

28:37 Amber: When you say "a feeling about other feelings," do you mean like a...?

28:40 RTH: So when, and when you said, what, what sounded sort of cognitive, [Amber: Right.] was, well, I'm seeing how I fit in, what, what's happened. [Amber: Mm hmm.] All that seems like analytical, [Amber: Yeah.] one cognition after another, [Amber: Right, right.] dictionary, definition of thought, thought-y kind of a thing. [Amber: Right.] What I want to find out, what I want us to explicitly agree (one way or the other) is that that's the way it *is*. Or that it could be, I am *feeling* this way about those feelings? I, so I, I feel bad. I feel unfair and, and, and whatever. And now on top of that, or separate from that, I got another *feeling* [Amber: Oh!] that when I put that in into words, it's gonna come out, sounding cognitive.

29:27 Amber: Got it. No, it, I wouldn't say, I *felt* like anything, like, I wouldn't say there were two separate feelings. It was like a, it was just a realization.

29:38 RTH: And that is more cognitive-y than it is affective-y. [Amber: Yes.] All right. Now I, I, I wasn't, I didn't mean to accuse you of that. [Amber: No, no, no.] I mean, I just wanted to make sure.

29:50 Amber: Yeah. That I was, yeah. We, We're going down the right way.

29:54 RTH: Exactly.

29:55 Amber: That makes sense.

- 29:58 CK: Yeah. And so that. Well, we've talked about a number of ways, like sort of like the, I like identifying that this is something that's happened again, like. That there's, there's something about like that this is something, this is a pattern there's like multiple things here.
- 30:13 Amber: Yeah. It's like a, reoccurring, it's like a reoccurring feeling almost. And it's like, I, I, at, at this moment I was, I was becoming aware of it, that it was a recurring feeling rather than a, maybe I keep saying different words that are throwing this off. But it was like a, it's a thing that it's a pattern, I guess, is the best way to say it. It was like something that it's not, this is not unique to this specific moment. Or that this has been a problem for a while. And I'm, and I'm understanding now that even though I'm not really within the immediate issues it's causing or the immediate problems that may be becoming present, it's still affecting me in not the best ways, like with stress in the past. I don't know if that was the best way to describe that.
- 31:08 CK: No, and that's fine. I mean, we're putting to words, this thing that probably wasn't really all, [Amber: Words.] right, like in words. Right. [Amber: Yeah.] So, but what I'm hearing you saying is that this is a, a cognitively sort of awareness that this, this is a, this, this thing, right. This feeling is something that you felt. [Amber: Yeah.] Or, and again, this is not a feeling. [Amber: Yeah.] This is a, aware a recognition that, of this [Amber: Yeah.] pattern.
- 31:37 Amber: Yeah. It's like a, like, I, I wanna call it this stress, but I wouldn't be, I can't describe to you what kind of stress that is. Like, I wouldn't say physical stress and like, can't, I don't, even if I can say mental stress definitively, but like, yeah. It's like a reoccurring place, almost, like a reoccurring situation.
- 31:56 CK: And is that reoccurring-ness of it present? Like that I'm like that this is like, I'm re-experiencing. Do, what I'm trying to say, I guess, is, is this an awareness of re-occurrence or is it that like, I'm feeling this again?
- 32:07 Amber: Oh! That's a good question. Um, can you say that again?
- 32:10 CK: Yeah. Is this a (and I, and I don't want to put words in your mouth, [Amber: Right, right, right, right.] yet has me to say, to say), but what I'm trying to get at is. [Amber: Uh huh.] I can imagine this can be a, a cognitive-y sort of like, *I'm noticing this pattern*. [Amber: Yeah.] And I, and that's kind of where my thought, you know, I'm more down the line of I'm recognizing now that this is something that's gone on and there's lots of times I can think of, right? Or, there's something about this reflection that, like, this is not the first, like, I am feeling this again, this is the same thing, and I'm like, I'm, I'm re-feeling something?
- 32:47 Amber: I see. I almost wanna describe it more as like, an epiphany. Like a, like a, like, I keep saying, realizing, but like, it almost like it was like, *this is not new*. Or, this is not, or like, or I don't want to keep saying different words, but like, it was almost like a realization and, and an epiphany in the sense that it was like, *this has greatly affected me in a lot of ways*. And that's why I use the word stress, because I feel like it has affected me, but it's like. Um. Yeah, what did I say? Yeah. Stress. Um, so it was like realization in that

moment that this whole situation, while it feels unique right now, isn't. It's, it's like the same situation, but in different forms. And it's like, it's caused me a lot of stress over time. [CK: Okay.] Yeah.

33:53 RTH: So does that answer your question?

33:54 CK: Yeah.

33:55 Amber: Yeah. Okay.

33:56 RTH: Yeah. I think so too, because the epiphany is a one shot deal. You can only, you can only have an epiphany once.

34:02 Amber: Right. Yeah. And. Yeah.

34:05 RTH: And, and your question was about, is this a.

34:08 CK: Yeah. Yeah. Is this, is this something, yeah. Is it, is this like a, something special, not something, about at this moment, there's something, or is this like I'm, you know,

34:17 Amber: No, yeah. It was.

34:17 CK: This familiar thing, or I don't know.

34:19 Amber: Right, right. No, that makes sense. Yeah. It was like a realization. [CK: Yeah. Okay.] And like an epiphany.

34:25 CK: And that's not really in, not really in words, or there's just something about this that I'm realizing. [Amber: Yeah.] This, this has, this has affected you. [Amber: Yeah.] Like I'm realizing, this, the situation

34:37 Amber: Is, yeah. And I, and I guess I kept saying in the beginning and saying, reflecting, because it was like, it's a, it's a, it's a combination of a lot of things. Right. So it is a reflection, but like, I, yeah. It is more of an epiphany than a reflection, actually.

34:49 RTH: I think reflection is actually my word. I think I used that word first. I'm not positive about that.

34:49 *Comment: RTH is mistaken about this. Amber used reflection first, at 25:17.*

34:56 CK: And is there anything more to say about this beep?

34:59 Amber: I, I, other than, yeah, reflection of feelings, but—

35:06 RTH: And, and what I, the reason that I say this, my word is if it, if I'm right about that, if it is my word, then, then that word is, is, tainted. If I advance you and you buy it, [Amber: Yeah.] that's different from if you advance it and I clarify it.



35:22 Amber: Right. I have no idea if I said that. [RTH: Yeah.] I don't know who said that first, cuz that's a good question.

35:26 RTH: I be, I bet that I said it first.

35:29 Amber: Oh, Okay.

35:29 RTH: Because you, what my, in my recollection is, I said, you agreed to it, and then, and then used that word afterwards, which to my antenna, I, that my antenna jingle when that happens. And because, that, that runs the risk of, I have polluted the waters here and [Amber: Um hmm.] And you grab you, you run with it.

35:50 Amber: Okay. That's interesting. Okay.

35:50 Comment: RTH thinks it is likely that Amber's at-the-moment-of-the-beep experience was indeed cognitive-y, because she was consistent in the face of his leading-toward-feeling suggestion. But because the water was unnecessarily muddied, his confidence in that conclusion is weaker than might have been the case had we given Amber the opportunity to clarify what she meant by "thinking" when she first used that term—when the water was still clear, so to speak.

35:55 RTH: All right. Number 5.

### SAMPLE 3.5 DISCUSSION STARTS HERE

35:56 Amber: Okay. Um, okay. So number 5, we were talking about grad school. And like just kind of how, like everything was going for everybody, cuz we're kind of at that point where, kind of starting to part ways and all that. And I was, at the moment I was thinking about things I just don't know. I can't really describe the emotion that goes along with that. And I even wrote that down. I can't describe this emotion, but I was just kind of thinking about like, there's a lot of things that I don't know. Those words weren't present. It wasn't anything definitive, like those words weren't there. But like, it was like kind of like, I guess I gotta call it a feeling again [laughs], but it was like a feeling of like, I don't know. There's a lot of things I don't know. And yeah.

36:44 RTH: So, you've made this (to my ear) sound *sometimes* like a thinking cognitive-y thing [Amber: Yeah.] and sometimes like a feeling of. [Amber: Yeah.] And, is, is it both, or neither, or one or the other, or...?

36:44 Comment: This is the kind of non-leading (DES would call it open-beginninged) question that RTH would have preferred to have asked about "thinking" at the beginning of sample 3.4 (at 25:03).

36:58 Amber: Cuz when I would say cognitive, wouldn't it be more like a list of things that I'm not sure of? Or like...? I just wanna be careful with *my* words here as well. So I'm thinking like if I were to call this *cognitive*, would be more or like a *list* of all the things that I'm not aware of? Like, but—

36:58           Comment: This is a great example of why RTH's (36:44) open-beginning question is valuable (RTH thinks necessary). Amber here is taking the opportunity to clarify *on her own turf, according to her own private spin*, what "cognitive" means. There is (as it seems to RTH) absolutely no substitute for this kind of *Amber-driven* clarification. The alternative would be for RTH to define for Amber what *he* means by "cognitive," with as much detail and as many examples as he would like. That would (a) likely not actually touch the distinctions that *Amber* finds important; and (b) (perhaps worse) would destroy (or at least seriously weaken) Amber's co-investigator allegiance, because it puts RTH in the role of initiating expert and Amber in the role of subservient recipient.

37:18 RTH:    I don't, I don't think it requires a list. [Amber: Okay.] So, and, and I think experientially, *cognitive* is a very tough, is a tough deal. So I, so this is, you're, you're not unique about this. You're.... [Amber: Okay.] So I think it's *great* that you're worried about using that word. But I would say so thing that is cognitive *could be* a list and it could be a *conclusion*: like I'm, I'm now generalizing about this. [Amber: Okay.] Or it could be, an interpretation: this is happening because of that. [Amber: Mm hmm.] That's what I sort of what last, the last was about.

37:52 Amber: Yeah. Mm hmm. Yeah. I would say it's more that,

37:57 RTH:    So it's, it's more that, than, and, and so that's on the cognitive side of the experience. [Amber: Yeah.] On the feeling side of this experience would be, I feel confused, [Amber: Yeah.] or I feel overwhelmed, or I feel anxious, or I feel, I feel ignorant, or...

37:57           Comment: RTH is trying to help Amber clarify what she means *without* interpreting what she means. Metaphorically speaking, he has given her a palette with some clarification of the range of colors, without in the slightest suggesting that he prefers this color to that.

38:11 Amber: ...whatever. Yeah. Yeah. That's no, it's definitely more cognitive. I, and I think that's why I wrote "can't describe the emotion," because I was trying to figure out how to describe it in an emotion. But it's not really an emotion. It's more of a thought process. [RTH: Okay.] Yeah.

38:23 RTH:    So there's something analyti, I guess I didn't in my, in my list of the kinds of cogniti, I didn't say *analytical*. [Amber: Yeah.] Which is a center part of what cognition is meant. [Amber: Right.] And this seems more analytical than it does affective.

38:36 Amber: Yes.

38:36           Comment: In both samples 3.4 and now 3.5, we conclude that Amber's experience is cognitive-y. However, RTH has qualms about the 3.4 conclusion that he doesn't have about 3.5. The difference is that in 3.4, the interview narrowed Amber down (gently, to be sure) in the cognitive-y direction, whereas in 3.5, the interview widened Amber up (gently). Then Amber, *on her own*, narrowed the focus to the cognitive-y experience.

38:36 RTH: Is that right? Okay. And. The. [pause] So the, the there's a lot of things that, I don't know. [Amber: Mm hmm.] That's the, we're describing this as a cogni, cognitive-y kind of a thing? [Amber: Uh huh.] And do you, do you have some sense of what those things are? Like the theory of relativity? Or who's gonna win the war in Ukraine? Or [Amber: No!] what's happening about graduate school? Or how, where's Mary going to graduate school? I mean, there's things as a...?

39:16 Amber: Yeah. It was more like, yeah, it was just kind of like, I, there weren't any definitive things. I think it was just like at the moment, I was just thinking about like things that I don't know right now. And like, as I said, don't know, but also like to tie into that it's like I can't do or act on things that I don't know or understand.

39:39 RTH: So I'm, I'm still trying to understand how broad the universe of *things* is.

39:44 Amber: Got it.

39:45 RTH: Do the thi... You said you were talking about graduate school. Are these things relevant to graduate school?

39:52 Amber: Yes.

39:54 RTH: So there's a lot of things about the, the graduate school progression thing [Amber: Yeah, like the.] that I don't know?

39:59 Amber: Yeah. Like the transition or even what it is doing it or what.

40:06 RTH: What it mean to be a graduate student? Something like that?

40:07 Amber: Yeah! What I have to do, what I like, like there, a lot of things I don't definitively know. Or even maybe I don't understand fully. Like I *think* I do. And I don't. Like kinda like that.

40:18 RTH: And those have to do with the act of being a graduate student or something like that? [Amber: Yeah.] Rather, rather than I don't know about.... I don't know the emotion literature, and I don't know the memory literature and I don't know.

40:34 Amber: No, that's it wasn't concrete, things like that. Like it was just.

40:36 RTH: So this is about, ,what does it mean to be a TA? Or what does it mean to be a, take classes as a graduate student? [Amber: Yeah.] What is, what's a thesis? Or that, that kind of?

40:49 Amber: Yeah. Like, and, and it was like, cuz I, I myself have a very, not, not a general understanding, but I have a general understanding of like what is required of me, and what to do, and kind of like what things look like. But I, I, that thought came up because it's like, I can hear this from people all day, but like, until I do it myself, I'm really not gonna know what, what, what, what, I'm, what I'm doing. Like quite frankly.

41:16 RTH: Okay. So could you tell me again what this, so we understanding this as a cognitive thing. [Amber: Mm hmm.] Tell me exactly again, what, what this thought process is.

41:24 Amber: It's like, okay, so people are talking about their programs, right. And then people are talking about their GA positions and people are talking about like, some people are even still applying. Like there's all these things going on. And then like, but for me specifically, I was thinking about like, Wow! Like I, there there's a lot of things that I don't... (I keep saying things. I don't like saying things.) There are a lot of aspects that I don't fully grasp because I just don't. It's new. So it, I think that was what was coming up because I wanna understand everything, but I, I won't right now.

42:09 RTH: So does it make sense to ask whether this universe that I'm thinking about at the moment [Amber: Mm hmm.] is about the universe of *things* or is it about Amber not knowing these things?

42:19 Amber: Amber not knowing these things. Cuz I don't know what those things even are. Like I keep saying things because I can't identify what it is I don't know.

42:27 RTH: So it's more like a, sort of a general catalog of Amber not knowing this, and Amber not knowing that, and Amber not knowing this, Amber not knowing what to do about that?

42:36 Amber: Yeah.

42:37 RTH: And as opposed to what those things might be.

42:39 Amber: Yeah. And then it might even be something that I don't even have any clue about.

42:43 RTH: You don't know enough to know that you, you need to know this.

42:46 Amber: Yeah. [RTH: Right.] Like you don't, you don't know what you don't know [RTH: Right.] kind of situation. [RTH: Okay.] So that's kind of, I think what it was.

42:46 Comment: As is fairly frequent in DES interviews, there are decisions to be made about the personal nature of lines of questioning. Here, RTH will be Amber's supervisor as a graduate student in the coming semester, so what Amber doesn't know is to a large degree what *he* will expect and what *he* will require her to do. The DES question is if or how to let such things enter the DES interview process. For example, RTH could have asked something like, "So were there things about what *I* would expect of you? That is, was your thinking about Amber as impacted *by Russ*? Or was it about Amber as impacted by graduate school in general?" He elected not to ask, but those decisions difficult. (He did bring the topic up again at the end of the interview.)

42:53 CK: And that's a again and we called a number different, this is, this is sort of like an. This is like an analytical kind of like thing. Right? Meaning this isn't, I'm not affectively fee, like.

43:05 Amber: No.

- 43:06 CK: Like surpris, you said like, wow, right? Like you that word right? [Amber: Yeah.] This isn't like an, like an emotion. [Amber: No.] This is a, this is like a right, like I'm [Amber: Conclusion almost.], Yeah. Okay.
- 43:15 Amber: It was a conclusion from almost like what everybody else was saying. Cuz people were talking about so many things and I, I did it exactly. I don't want this wasn't that moment of the beep. But like it's how I describe it. I didn't exactly feel, extremely comfortable in the conversation because I didn't exactly know what people were talking about. So like then it brought on this feeling of my *own* reflection of what I don't know about myself, about what *I'm* even doing. Like let alone these people, like what they do is not my concern. It's more *what* I need to do. So it's like, then that, that brought that kind of conclusion on and then the beep went off.
- 43:51 RTH: But this, but at the moment of the beep this is a mental thing. Not a feeling thing. [Amber: No.] Okay. [Amber: Yeah.] Maybe there had been a feeling, well, I don't know.
- 43:58 Amber: Yeah. I don't wanna say that this is definitely not a feeling. I was just trying to use that to describe like why I'm calling it a conclusion.
- 44:04 RTH: And the, and, and so we have, we, we have sort of two beeps back to back here, that are in the realm, of cognition or feeling so, and we decided that this one was a cognition. [Amber: Definitely.] And we decided that the last one was a cognition too. Are they the, are they more or less in the same ballpark? Or, or are we...?
- 44:22 Amber: Yeah. I would think that they were similar. Because they were like some kind of like internal thought. But they weren't like talking or no, I wasn't like saying any words to myself. It was just kind of like just kind of like a conclusion.
- 44:41 RTH: And the *process* seems similar in both of these. Is that right?
- 44:45 Amber: Yeah. And, and.
- 44:47 RTH: So what I'm, what I'm trying to get at here is that in the, in beep whatever the last one was four I guess. [Amber: Four.] You were saying, well, I don't really know what the difference between cognition and feeling. What do you, what, what do you mean by that? [Amber: Yeah.] We had a conversation about that. [Amber: Yeah.] And now in this beep, we're not having that conversation. And, and does that mean that, well, we worked that out last time and now I can apply that to this.
- 45:07 Amber: Yeah. Yeah. It makes that made more sense now, like, cuz I was just trying to be really careful with my words. I think, because I think because I have this kind of bias to explain things going on as feelings, because that's how people understand like what I'm trying to say. Rather than, rather than me saying, oh, I thought about this, and I thought about this, and I thought about this, and I thought about like, I think it's easier people to understand me saying it's a feeling. So I think that's my own thing.

- 45:33 RTH: Could be. What I really want to know is now that we have established in *this beep* that this is a cognitive-y kind of a thing, [Amber: Mm hmm.] are we happy with the previous beep as being a cognitive-y kind of a thing?
- 45:45 Amber: Yeah. [RTH: Okay.] Yeah. Cuz I, yeah, I definitely wouldn't now that like we had that conversation about the feeling and then the cognition. I definitely would *not* call that last one of feeling. I don't know. Yeah. I think I said I was talking about feeling stress and I called it a feeling, but it's not a feeling. It, it was, it was a thought process.
- 46:04 CK: Actually. I think you were pretty clear in that from this. I, I think you pretty clear saying that this is like a thinking about the feeling. There's
- 46:09 Amber: Yeah. Thinking about a feeling. That's why I think I kind of got a little confused with that kind of thing.
- 46:18 RTH: I'm good.
- 46:19 CK: Yeah, I'm good too. And I would say, you, the difficulties in this is why we do this over multiple days, right. [Amber: Yeah.] And I mean just, I don't think it's, you said like you call things away and that's like, I don't think this is a specific problem to you. [Amber: Okay.] Like this is something that is difficult.
- 46:34 Amber: Yeah. [CK: So.] Okay.
- 46:38 CK: Okay. So the last beep.

### SAMPLE 3.6 DISCUSSION STARTS HERE

- 46:40 Amber: Okay. So I was [laughs] so we were having another meeting. And we were talking about protocols and, I don't know, my friend, he says the word *protocol* differently than I do. [laughs] So I was thinking about the word *protocol* and I was about to put dressing on my salad. So I literally was like, reaching for like, it was like a salad, like it it's like a little square plastic container and I had a cover like this and I had the dressing in, like, you know, you can take the piece out and you can put it on the side. I had the dressing in that so it went spill. And I was thinking about the way he's the word protocol. And then I was reaching for the dressing I was literal, like right about to grab it. And then the beep went off. So, like the visual part of that, I was seeing the dressing and I saw my hand here and I saw my hand stop. And then in my mind, at the same time I was think about the word *protocol*, the way he says it.
- 47:41 CK: And are both of these, like either one of these sort of more present?
- 47:46 Amber: I think dressing was more present, my hand going to the dressing. Be, yeah, that was definitely more present.
- 47:52 CK: So let's start with, let's start with there. [Amber: Yeah.] Let's start with that. [Amber: Yeah.] So this is a, and so when you're saying, the context is your right hand is reaching,

but what you're what's directly there is the seeing [Amber: My.] your hand [Amber: Yeah.] seeing the, this...

48:05 Amber: ...dressing sitting in a plastic container. [Amber: Okay.] Yeah. Reaching for it. And then I stopped like right here where the beep went off.

48:15 CK: And is, is there anything more to be saying about that seeing? [Amber: Oh.] Like, whereas earlier, can

48:15 Comment: RTH is worried about CK's question, because CK is inquiring about one possibility (similar to sample 3.4) when what Amber has said is open to more than one possibility: CK is asking about *seeing* when Amber has mentioned both an *action* and a *seeing*. These are the mentions so far:

I was about to put dressing

I literally was like, reaching

I was reaching for the dressing

like the visual part of that, I was seeing the dressing and I saw my hand here

dressing was more present, my hand going to the dressing

CK: what's directly there is the seeing

Yeah. Reaching for it.

CK: is there anything more to be saying about that seeing?

Now CK might be right, that Amber's salad experience is actually a seeing rather than (kinesthetically, for example) experiencing the action, RTH thinks it would have been better had he helped her to clarify her own experience (similar to sample 3.5) rather than to interpret for himself which is the likely experience.

48:15 RTH: I, can I interrupt for just a minute about that? [Amber: Yes.] So I'm, I understand that we've been talking about this as a seeing, but I wanna make sure that that's really the primary aspect about this. [Amber: Yes.] This is not a, I feel myself reaching for it.

48:31 Amber: No. I saw it.

48:32 RTH: This is a visual.

48:34 Amber: Yeah. As well as a thought, like, you know how with Mary, that one was like 80, 20 thinking, this is like almost the opposite. Cuz this one was clear. This one was clear. And then the word *protocol* was like in the back of my mind as I.

48:46 RTH: But this is a *seeing* of an action rather than an acting?

48:48 Amber: Yes.

48:48 RTH: Is that correct?

48:56 Amber: Yes.

48:51 RTH: Okay. [to Cody] And that's what she said. I'm a slow moving guy.

- 48:51           Comment: The aim of DES is *not* to try to figure out what Amber is saying. The aim is to try to be sensitive to *the experiential alternatives* that might be present behind the words that Amber is saying, and then to help Amber distinguish between those alternatives and then provide an unambiguous description.
- 48:59 Amber: And then at the end it, well, I mean, and after the beep. I mean this after it's not really relevant, but I just thought it's kind of funny cuz I just stopped. Like I just thought that was funny. So yeah.
- 49:10 CK:       But that's context, right? [Amber: Yeah.] Like it's not like I'm seeing my hand stop. This is, I'm seeing my, or
- 49:15 Amber: I did see my hand stop, but that was when the beep was already making noise. [CK: Okay.] So I think that's too late. [CK: Okay.] Yeah.
- 49:21 CK:       And in terms of the seeing that's where I was gonna, you know, earlier we said you'd seen Mary not in focus. [Amber: Mm hmm] Is there any... About this seeing, [Amber: Mm hmm.] is there anything to be said about like, is this just I'm seeing this and that's about all I can say? Or is there like (and I'm not saying that it has to be that way. Right? I'm not saying it has to, but I just wanna clarify, like), is there anything more to be said about the seeing?
- 49:46 Amber: No. Other than what I was seeing? [CK: Yeah.] Not really.
- 49:52 CK:       Okay. And then there was the *protocol*, right? The word?
- 49:52 Amber: Yeah. The word *protocol*. [laughs]
- 49:53 CK:       And. What, how is that present to you. Or what, what exactly, what part of that is present? Like...?
- 50:05 Amber: Like, it's almost like in my head I'm mimicking the way that he says *protocol*. [CK: Okay.] [laughs] It's not like he says it *wrong* or anything. It just sounds different to me than how I would, how I say it. So in my head I was just kind of like almost, *almost* like mimicking him. Not in like a negative way. [CK: Sure.] It's kinda like in like a ha ha ha it's different kind of way.
- 50:27 CK:       And is that, is that like an and when you say like you're, you're thinking of how your friend is it, are you, is this like a *hearing* of this in your mind or are you hearing *him* say it or?
- 50:37 Amber: Oh, interesting. Okay.
- 50:39 CK:       Or none of those things, just, you know, how is that?
- 50:41 Amber: Right. Okay. I'm trying to think of how I could say this the best way. Um, I don't hear him saying it, in this particular instance. I feel like there are times when I do, but that's for another day. But in this particular instance it was almost like... I didn't hear *myself* saying



it. I know we have these problems with these words. I didn't hear, I, I feel like I *did* hear it, if that makes sense, but it wasn't in like my voice. But it wasn't in *his* voice. It was like a, like as if I were to mimic him, like if I were to mimic him to you, how it would.

51:14 CK: But this is something internal, right? [Amber: Yeah.] Meaning you're not at the moment of the beep, your friend in the meeting, isn't saying *protocol* and you're hearing him say it.

51:23 Amber: He, yeah, I think he said it a few seconds ago. Maybe. [CK: Okay.] Yeah. I think he had said it a few seconds ago. And for whatever reason, I would decide to put dressing on my salad at that moment. And then I was reaching for the dressing and I was kind of saying it and then the beep went off. Like right, as I was saying it and reaching for the dressing at the same time.

51:40 RTH: So let me know just for minute you said the guy's name and we can either use his name or we can use a different name in. [Amber: I did?] Yeah, you did sort of sotto voce. We can bleep that out and use a different name or we can just use his real name. Do you have a preference about that?

51:54 Amber: You can change his name. I didn't even know I said anything.

51:58 RTH: Let's, let's, call him Sam.

51:59 Amber: Okay.

52:01 RTH: Okay. And, and I'll go back and I'll bleep out the original, [Amber: Okay.] the original name.

52:01 *Comment: RTH is mistaken in this exchange. Amber did not say his name, so no bleeping is necessary.*

52:04 Amber: I think he'll find it funny if he found out that I was saying he would whatever. Yeah, just do it. [laughs]

52:11 RTH: Okay. So what I now to get us back onto the track, [Amber: Yeah.] about this. So what I understand you to be saying is I hear this, [Amber: Mm hmm] but I don't hear it in my voice and I don't hear it in Sam's voice.

52:24 Amber: No.

52:26 RTH: So that's correct. [Amber: Yes.] And, and, but it is a *hearing* phenomenon as in

52:33 Amber: Yeah.

52:33 RTH: As, as distinct from *I know the characteristics*, I, but I hear this is something that I hear, and this imagination. I understand that.

- 52:43 Amber: Yeah. I I'm, I have honestly been trying to figure out whether or not these were... Well, *this* one was a little bit different, but I, this one felt more like, actually I take that back. Maybe not hearing. It felt more like (speaking truthfully, now that I'm thinking about it, like, well maybe I don't know if that's messing it up), but because, because I'm thinking, hearing, like, if, if I wanna think about like hearing it. It just doesn't feel right. Like in my description that doesn't feel correct. It feels more like spoken. I also don't wanna say spoken cuz it's not in a voice. I don't know how to describe that. Like I don't know. Like, that makes sense?
- 53:33 RTH: [to Cody] Is this your line the question in your mine?
- 53:35 CK: I think, I think you, I think you would asked. Yeah. [Amber: It] I mean, did you jump in here, but.
- 53:42 RTH: So shall I just continue this?
- 53:44 CK: Yeah.
- 53:45 Amber: Yeah. [laughs]
- 53:45 RTH: The. So the question, the question that I think we're trying to wrestle with here is, are there auditory characteristics of this?
- 53:58 Amber: Um, no.
- 54:02 RTH: So it's not a hearing,
- 54:04 Amber: Not this one.
- 54:06 RTH: And this is the only one we're talking about. [Amber: Yeah.] This is [Amber: No.] not [Amber: Yeah, yeah. Not something else. Yeah. No.] So this is, *I know* something about Sam's pronunciation of *protocol*. [Amber: Yeah.] I don't *hear* a pronunciation of *protocol*?
- 54:21 Amber: No, no, because at this moment I was like, almost like repeating it to myself.
- 54:29 RTH: So. When you say I'm repeating it to myself, in what way is that similar or different as if you'd said it out loud to us?
- 54:42 Amber: Because I was repeating to myself the way he says it, because I was trying to figure out why it sounds different. Like the way I say it and way he says it, it sounds different to me. And that's just something that I noticed.
- 55:58 RTH: So are you, so you used the word "mimic" somewhere along the line? [Amber: Yeah.] Are, are you, speaking in a mimicking way?

- 55:08 Amber: No. It's, it's, the only reason I say mimic is because it wasn't how I would do it naturally myself. I was almost like trying to copy what he was doing to figure out why it sounds different.
- 55:18 RTH: Well, that sounds like mimic to me. I don't.
- 55:21 Amber: Okay.
- 55:22 CK: What I heard you say earlier that this is something we know that, so this is not a, auditory thing. Like, meaning it's not necessarily about the *hearing* of this, [Amber: No, no.] but this is, but something about the production?
- 55:36 Amber: Yes. Cause yeah, I think I said hearing before, cuz that's more context. The hearing is more context. The, the, the thought itself or the, the experience itself is more of, about production and the way it sounds to me specifically. So I'm kind of like, like, I mean, this is also just a side thought, but I'm kind of almost wondering if I ask somebody else in the room. Does that sound different to you? Like if people would even say anything. Cuz like, just to me it sounds different. [CK: Mm hmm] And it's just something I picked up on. So like I was just kind of saying it to myself cause I was like, what about it is different? I was trying to figure it out.
- 56:08 RTH: And you can, can you say it for us now? What it, what?
- 56:13 Amber: Yeah. It's, there's more emphasis on the O in *prō-to-col*. It's like that *prō-to-col*.
- 56:21 RTH: So it's a longer O than you would normally say, you'd say *protocol* and he says *prō-to-col* that's—
- 56:27 Amber: It says like protocol, it's more, it's more syncopated. That's what it is. It's more syncopated and it sounds different to me. And I thought it was interesting. So I was trying to say to myself, figure out what it was and I guess I never did figure it out.
- 56:41 RTH: And so does it seem to you at the moment of this beep does it seem like you are in some way innerly saying *prō-to-col*?
- 56:52 Amber: Yeah. I'm trying to yeah. Saying it the way he says it. Cuz even the way you're saying it is a little bit different than the, he says it. [RTH: Okay.] So it's like, those are all things I'm like, thinking about. It's kind of funny,
- 57:01 RTH: But, but at the, at the moment you are *speaking*, innerly speaking. [Amber: Yeah.] As if it were him. [Amber: Yeah.] As if it were Sam.
- 57:10 Amber: Yeah. Yes. As if it were him or like. My interpretation of what he's saying and how I hear it. And I'm trying to
- 57:21 RTH: Right. What, not the reality of what Sam does or not is not, not an issue.
- 57:25 Amber: Yeah, yeah, yeah, yeah.

57:26 RTH: Yeah. So as, as in your experience, you hear him differently from the way you would hear yourself or whatever? [Amber: Yes.] And so you are playing around with that for some reason, while you are, [Amber: Going for dressing.] dressing your salad.

57:39 Amber: Yeah. I was about to reach for the dressing kind of.

57:43 RTH: You're saying *protocol*. [Amber: Mm hmm.] *Prō-to-col*.

57:48 Amber: Or, yeah, however. [RTH: However.] Yeah, but that's like in again with this like kind of like imbalance of what's in the experience, salad dressing was more in the experience that was kind of like in the back.

57:59 RTH: Okay.

58:01 CK: And so like in this, like, you know, like 80-20, 99-1, 55-...

58:09 Amber: 70-30. [CK: Okay.] 70-30.

58:11 CK: The numbers don't really matter, [Amber: Yeah.] but just to give a ballpark of, you know. [Amber: Yeah.] The, when we say this is more in my experie, you know, [Amber: Yeah.] this is more present than.

58:17 Amber: Yeah. The dressing was, was, was like stronger, but not as, I wouldn't say it's 80, like the, the, the visual seeing of it was very clear. And, and, and.

58:28 RTH: So in some previous beeps, in my recollection, which is dim at the moment, it seems to me that we have tried to work out some kind of a difference between words being somehow known to be present, [Amber: Mm hmm.] and words that were spoken.

58:41 Amber: Yeah. I think my issue was cuz it's like, they're not, well, like when I would say these words are present, not present in my voice, but I guess it, it, but, but it makes sense that not, it makes sense. *It is* that I'm producing 'em. So that's why I would call 'em spoken rather than heard, because I'm not hearing anything.

59:01 RTH: So it's possible to produce words without...

59:05 Amber: A voice.

59:06 RTH: ...without the experience of speaking them. [Amber: Yes.] And it's possible to produce words as if you were speaking them. (Both, both of these things are mental or imaginary, or whatever.)

59:14 Amber: Yes. Yes.

59:17 RTH: And so does it seem like there's a speaking involved? Like

59:21 Amber: No.

59:22 RTH: So I'm *producing* this word...

59:27 Amber: In like different... Well, that's why I have a problem with this hearing thing. Cuz I know I'm not *hearing* it, but it's like, somehow I'm playing around with it *as if* I'm hearing it. But that's just to make it more logic, I think, more logically sound than it is actually what is going on. If that makes sense.

59:44 CK: It's about how it's about how Sam says it. You're not *hearing* the word you're not hearing. I mean, there's nothing really *hearing* it, but it's *based* [Amber: Yes.] on how you've heard Sam say it.

59:56 Amber: Yeah. And how it's different for me.

1:00:05 CK: And I'll add of twist in this, I guess. [Amber: Okay.] When, when you say that, like when you say, for this, for this moment *protocol*. [Amber: Mm hmm.] Is this, uh, earlier we said, you know, it's about like the, is producing *protocol*. Like you, your replication, your production of *protocol*. [Amber: mm hmm.] Is that what's present there? Or is this like a, you know, in similar ways to like the last couple of beeps were, this is like a analytical sort of like?

1:00:35 Amber: No. It's not, it's not like that. It's, it's me like trying to produce it to figure out what's different about it. Like I was trying to figure out where it is that it's different than everybody else or like myself. Like where it's, where it's different. But I wouldn't call it a conclusion thing cuz it sounded like I was, it, it, it was like I was testing it out.

1:00:57 RTH: So was your beep the Labrinth beep?

1:01:00 Amber: Yes. [laughs] That was me.

1:01:03 RTH: That was, that was you? And as I recall that beep, you heard Labrinth?

1:01:10 Amber: Yes.

1:01:11 CK: say a line from the song?

1:01:12 RTH: Say a line from a, from a, from a song. [Amber nods affirmatively.] And that, as I recall it, was a hearing phenomenon.

1:01:18 Amber: *That one* was different because that was, that was, that's, that's *him* singing. I'm not singing. That's completely different.

1:01:26 RTH: Yes. But, but I also understood you to be hear that. That was, I *hear* that. [Amber: Mm hmm] I *hear* Labrinth just as much and as, just as much a hearing phenomenon as if I had heard Labrinth coming out of a loud speaker.

1:01:40 Amber: Yes.

1:01:41 RTH: That was, that's inner hearing. [Amber nods head] About which there's no question. This is not inner hearing, I gather. [Amber: No. (shakes head negatively)] So, so we, we started at the start of this we wondered, well, what is hearing? What do you mean inner hearing? [Amber: Yeah.] Well *that's* what we mean by, [Amber: Right.] by inner hearing. [Amber: Right.] So that's not what we're hearing. It's not like I hear Sam's voice. It's not like I hear my voice. It's not like I hear Cody's voice saying... There's no, there's no hearing phenomenon.

1:02:11 Amber: Unh unh. No.

1:02:16 RTH: And we are, and we haven't yet determined, whether there's a *speaking* phenomenon or whether it's a *producing of words without speaking* and [Amber: Yes.] That we haven't yet figured out?

1:02:26 Amber: No, I, I, Yeah.

1:02:31 RTH: And I'm happy to, I'm happy to leave it there. [CK: Yeah.] Because I think we've probably gone as far as we can go. [Amber: Okay.] But what, what, what this conversation in several ca, several examples along here. It's a later sample that makes it clear what was happening in an earlier sample. Like beep number two today, clarified what was happening in beep number one. [Amber: Yeah.] That's that kind of thing happens a lot in, in, in this sort of world, this work. [Amber: Okay.] And, uh, and so I think it's possible that sooner or later we're gonna *figure out* [Amber: Yeah.] what the difference is between innerly producing and innerly speaking, even though we haven't done that yet.

1:03:06 Amber: Yes, yes.

1:03:08 RTH: And we just have to be patient and, and acute and

1:03:20 Amber: Mm hmm. Yeah.

1:03:14 RTH: Or maybe we'll never have any more samples like this again [CK: Yeah.] and we won't figure it out.

1:03:19 Amber: Okay. [laughs] Yeah.

1:03:21 CK: The reality is that we're, you know, we're doing our best with what is a,

1:03:24 Amber: Well, it just happens what happens.

1:03:25 CK: Yeah. And, and I was gonna say that, you know, uh, we don't have a lot of great, uh, vocabulary developed, right, to necessarily talk about these things, [Amber: Right.] per se and that's kind of what our deal is here in terms of having this conversation about, trying to figure out what we mean by all these things, cuz.

1:03:41 Amber: Right. Mm hmm

1:03:47 RTH: So anything more that we should be saying about this? We've passed the one-hour mark and uh.

1:03:53 Amber: Oh. I, I don't have anything. I don't know if there's any other questions.

1:03:58 RTH: So, you said at the outset before any of this sampling took, took place, I wanted the sample on Wednesday. [Amber: Yeah.] Now we've sampled on Wednesday, [Amber: Yeah.] but do you have anything to say about that now? [Amber: I just.] that you want on camera or?

1:04:09 Amber: Oh, well, I mean, I don't care. I just thought it was kind of interesting that I feel like there was a lot of, um, like here, I feel like there's a lot more, um, multiple things happening at once. Maybe, I couldn't pick that out in the past. I don't know. I don't know if that makes a difference. But I feel like because of the environment, there are like many things happening. So rather than just one thing, like I'm looking at the salad and I'm thinking about the word. Rather than just me thinking about the word or just thinking about the salad or whatever. I just feel like there are many, there, a lot of these kinds of experiences were motivated by the environment rather than myself.

1:04:45 RTH: So I agree with the part about they're motivated by the environment. [Amber: Yeah.] Your experience did not seem particularly more complicated today than I recall it as being. [Amber: Oh, really? Okay.] So, for example, you, there, there was something going on in the, in the room when we were talking, but you had one feeling or one thought process, that one analytical thought process, oh, this is a, you know, this is a power imbalance thing. [Amber: Yeah.] That was one thing. [Amber: Right.] There was a lot of crap going on in the room probably. [Amber: Uh huh. (laughs)] But, but you, your experience was still a one shot....

1:05:18 Amber: True.

1:05:19 RTH: One shot deal.

1:05:20 Amber: Yeah. Okay. [CK: Yeah.] Yeah. Okay. Interesting. But yeah, I think that one was interesting cuz I, I really wanted to do it Wednesday cuz I felt like *that* would be definitely very much. I just thought it would be very authentic because there was lack of control within myself of the environment. Not like [CK: You're just going through your day.] Yeah. Well not like I wasn't going through my day and my other ones, but I feel like because it was more hectic, there might be different things happening

1:05:46 RTH: And, and I'm, I'm happy we did it. I don't want to, I don't want to imply at all that I, you know, didn't make any difference whether we did it Wednesday.

1:05:53 Amber: Yeah, yeah, yeah.

1:05:54 RTH: But, I just was curious as to what you thought, I guess. [CK: Yeah.] [Amber: Yeah.] All right. So we're gonna stop these tapes here and we're gonna figure out when we're gonna do this again.

1:06:06 Amber: Okay. [RTH: Is that alright?] Yeah.