

**TRANSCRIPT**  
***Do I Really Have Internal Monologue?***  
**Interview 0:**  
**Background of the Lena Interviews**  
**Russell T. Hurlburt, Ph.D.**

Below is a word-for-word transcript of the February 3 introduction to the Lena interviews. The video is available on YouTube at [youtu.be/a3zHOjyKvNM](https://youtu.be/a3zHOjyKvNM). If you have corrections, suggestions, or questions, please post them as YouTube comments.

I'm Russ Hurlburt, and I'm the guy who's responsible for ruining Ryan's day. I'm the originator of Descriptive Experience Sampling (DES for short).

DES is a beeper method of exploring inner experience. Using DES, we have found that not everyone has the internal monologue, and that many people are mistaken about their own inner experience.

A few weeks ago, a professor friend of mind sent his student Lena to me. Lena had read Ryan's post and agreed with him—Lena, like Ryan, had constant internal monologue, and she couldn't imagine how people could be otherwise.

But Lena's professor had told her about my work, and she wanted to know how I could possibly conclude that people are mistaken about their own inner experience.

That's a fair question, shared by many others, so I made this suggestion to Lena: Let's use DES to explore *your* inner experience and see what we find. Then you can judge for yourself the quality of what we discover.

Furthermore, I suggested to Lena, let's do this whole investigation on the Internet, so that anyone who wants to know how DES works can watch and draw their own conclusions vicariously along with you.

DES is a slow process—four or more days of sampling with an hour of interview each sampling day. I don't know of any shortcuts—I think that's what it takes to get a high-fidelity view of inner experience.

We are videotaping all the interviews and are rolling them out to YouTube as they occur.

We think inner experience is important, and investigating it with fidelity is important. We invite you to have a look. We're not hiding anything—you'll get to see the entire process. Something like Reality TV for inner experience. Here's a link.

[hurlburt.faculty.unlv.edu/lena/do\\_i\\_have\\_internal\\_monologue\\_sampling.html](http://hurlburt.faculty.unlv.edu/lena/do_i_have_internal_monologue_sampling.html)

