

TRANSCRIPT
Do I Really Have Internal Monologue?
Ryan Langdon Interview 0:
DES Sampling Instructions

Below is a word-for-word transcript of the May 15 interview with Ryan Langdon that is available on YouTube at <https://youtu.be/SE-X2z8t0bo>. If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

Ryan = Ryan Langdon

0:00 RTH: And so it seems to me that what we need to do today is to figure out what we're *doing* [Ryan: Um hm.] and, uh, uh, and when we're going to do it and how we're going to do it. And, uh, and then that's one thing. And then the other thing is how to, how to make the beeper work, assuming that we agree that we're going to do it. How the beeper works. The beeper came yesterday? Is that right?

0:19 Ryan: Yep. I got it right here. [holds up beeper].

THE PLAN

0:21 RTH: Okay, cool. So maybe we should start with what we're, what we're about here. Make sure that we're in agreement about that. Because it seems to me that we've got a sort of a valuable opportunity. I think people are going to be interested in what your experience is like and that's good! [Ryan: Yeah.] And, uh, uh, and I think people are becoming interested in how I go about finding out what your experience is like. And I think that's good as well. [Ryan: Yeah.] And, uh, put those two things together and I think we've got something that's probably worth doing.

0:53 Ryan: I agree.

0:55 RTH: (I have to adjust this here.) [Adjusts computer] Okay. And, uh, um, so if we do more or less the same kind of thing as, as I, as Alek and I have been with Lena... And Alek would like to be involved with what we're doing here, too. And that's good as far as I'm concerned too, because two sets of ears is almost always better than one, and she's good at it.

1:24 Um, and so basically what we've done is we have, we have videotaped these things and put them on, put them on the web. We've always given Lena the opportunity to say, "I've changed my mind." Um, she's a private person. There was no, she has no, she had no public persona that I know of prior to the beginning of this. And so we actually, we didn't post actually even her *first* video until after we had recorded two or three of them, I think. [Ryan: Um hm.] So that she had a notion of what was going on. She was, she was basically flying blind, never didn't know anything about

DES, didn't know anything about me, whatever. And so we thought it was a good idea to give her the opportunity to see it for herself before she agreed to *anything*. I'm not sure that's a good idea for you and me. You know what's, you know what's going on. You know who I am. You know who Lena is. You've seen all that stuff. [Ryan: Yeah.] It does seem like I'm, I'm totally happy in having us have the right to say, or for *you* to have the right to say, "I don't want that video that we did, that we just shot, shown. [Ryan: Okay.] I think that's only fair because...

2:38 Ryan: I agree.

2:40 RTH: ...because the internet is a forever kind of a place, and...

2:43 Ryan: I don't want my reputation and future jobs to get ruined. My thought.

2:48 RTH: [laughs] That's right. And, and, but, but, but I would say we should do that as on a day by day kind of a deal, rather than give you two or three days of think, thinking [Ryan: Yeah.] about it.

3:00 Ryan: Yeah, I'm aware of what's going on. So I'm okay with filming now. You can post whatever you want for this right here. So,

3:08 RTH: Okay. And then let's, and then I know you want to post some stuff too, which is fine with me. [Ryan: Yeah.] And maybe we should think about the timing of that, because it takes... So if we, if it takes me, with the way I've done it with Lena and those recordings are sometimes Screencast and sometimes Skype and sometimes Zoom and whatever. And I generally put those together because the Skype audio is better than the Zoom audio, and the Zoom video is better than the Skype video. And so I'm, it takes me a little bit of time to massage that together. And I haven't done any of the, the, uh, HD stuff. But, but what I'm saying is it takes me a while to put that together, so I don't post it on the same day. And then I have been posting transcripts of, of that and usually texts me three or four days to get a transcript done.

4:01 There's still a fair amount of work involved in getting a transcript done. And I have put some what I thought, hope, what I hope to be helpful explanatory comments in there. And that takes time as well. And so, so it seems to me we could agree that what we should do, whatever it was we should do and then we should post it when we are *both* ready. Or we could agree that you should be able to do whatever use that you want to do whenever you want to do it. And I should be able to do whatever it is that I want to do, whenever I want to do it.

4:29 Ryan: Yeah. Because I think it's going to be difficult to, uh, put together like the same schedule based on both of us being very busy people. So what I was going to do is film the interviews like this. Uh, maybe do a little shot of me like explaining to the camera to my viewers what I'm doing or what I'm going through so they could get like little insight on my thoughts while I'm doing it. And then you could post your full-length videos whenever you're ready.

4:57 RTH: Okay. And so that presumably you would be up before I would be up.

5:01 Ryan: Presumably. Yeah.

5:02 RTH: The only downside of that is that your reviewer, your viewers would go looking for the, for my videos are not find 'em yet.

5:11 Ryan: Yeah. Um, and I'll make sure that people are aware that it takes time and it will be like a scheduled release, maybe, of some sort, like every Monday could be released or something like that. I don't know if you have that capability of like scheduling it to be like one per week or something or...

5:29 RTH: I I, I have that capability whether I have the time it takes, you know, it takes a while to do that kind of stuff. But I would say yes, I could, we can plan on that. We can shoot, we can shoot for that. [Ryan: Okay.] So if we released every Monday, and if the interviews were Monday and were released in the next Monday, or if the interviews were Monday or Tuesday when we were released them the next Monday, I think I could probably hit that mark.

5:53 Ryan: Okay. I think that's like the best way to do it. So it gets people like on a, so they know when to expect the next video to come out.

6:03 RTH: Okay. And then, so if we did that, so, so if I committed myself to posting every Monday, then you could post whenever you wanted to and you could say, well that video is going to be up on Monday. [Ryan: Um hm.] Or you could wait and post on Monday as well.

6:16 Ryan: Yeah, I would probably end up doing that. Um, but like I said, I don't know exactly how this is going to go. We're kind of like test trialing it out a little bit for like the first few interviews. So if we find like a schedule that works, then obviously that's the best way to do it.

6:34 RTH: Alright. That sounds, that sounds good to me. And, and I would, my plan is that I would post this interview as well.

6:44 Ryan: Um hm. That sounds good.

6:44 RTH: That's sleeves-rolled-up kind of a, this is, this is what we're doing and how we're doing it, and whatever. And, which is the way I generally work. I mean this wouldn't be a novel thing for me. This is, I'm generally a what-you-see-is-what-you-get kind of a guy.

7:02 Ryan: Great, here too.

7:03 RTH: Okay. All right then let's plan, let's plan on that. So, so today is Friday. I will, I will see whether I can get this up on Monday.

7:17 Ryan: Okay. I can do that.

- 7:18 RTH: and that'll put it, put us on a, put us on, on the Monday schedule. And if it turns out for whatever reason I can't do that, I'll let you know. But it doesn't much matter. This is gonna be the first...
- 7:27 Ryan: Yeah. This, right now, this isn't as important. It's more like what this video is going to be for me is just letting the people that subscribe to my channel know that I'm doing this. Like no one knows I'm doing this yet. So pretty much an announcement.
- 7:42 RTH: And the same for me. So I would put up, uh, I would put up, uh, an "up next" kind of a deal, where we're about done with Lena, I think. Lena is, we've had a, I think a informative run with Lena and it's probably time to do something else. It takes, it takes me, I dunno, maybe 20 hours, maybe not quite 20 hours to get all that, to get all that done. And then it's probably not exactly 20 hours, but more than 10 hours probably to get the transcript and the comments and the video and all that stuff together.
- 8:15 Ryan: Yeah, it's a lot of work.
- 8:16 RTH: A fair, a fair time investment for me to put up an hour's worth of video in the way that I have been doing it. [Ryan: Yeah, it is.] All right. So anything else we should be talking about *what we're doing* before we talk about how the beeper works?

HOW TO USE THE BEEPER

- 8:31 Ryan: Um, no, I think we're, we're ready to get into the beeper.
- 8:34 RTH: Alright, so why don't we turn, turn on a beeper, which is... Hold it up there so that we can see the... there's a thumbscrew there. [Ryan: Right here?] No, the flat button there. You're right next to it. Yeah, let's turn that on.
- 8:48 Ryan: Okay.
- 8:50 RTH: And that's, that's the beep that you're hearing now. [Ryan: Okay.] But when you turn it on for the first time, the beep comes up with sort of like a waaah kind of a sound. That won't happen in the future. [Ryan: Okay.] That's, there are capacitors inside there and the capacitors have to get charged up and whatever. And it takes a while to do that. But for now, after that, when you hear the beep, but beep will have a very crisp beep! rise time. [Ryan: Okay.] And the wheel that you just turned on is the volume control, so that you can turn that the volume up and, and your object is to get a beep, which is, so there's no question about it, *this is the beep*, but so that it's not so loud that it startles you or whatever, because if it startles you, then you'll forget what's going on. If it's too soft and you're thinkin' "Is that the beep? Is that the beep? Is that the beep?" Then you'll lose the... The inner experience that's interesting is pretty evanescent, and you gotta, you gotta pay attention to the method of grasping it if you're gonna, if you're gonna get it. [Ryan: Yes.] And uh, so the thing is, is it still beeping or did you turn it off?
- 9:50 Ryan: I turned it off.

9:50 RTH: Let's turn it back on again. And if you push that white button, it'll stop the beep. And now, what's happened is that it's decided, it has decided when it's gonna beep again. I don't decide that. You don't really decide that. The beeper itself decides when it's going to beep again. That could be a minute from now and it could be an hour from now, somewhere in between that time it should, it should beep. [Ryan: Okay].

10:13 And uh, and the beeper has an onboard speaker, but I *don't* want you to use it. I want you to use an earphone. So I sent you a couple of earphones. I want you to use the earphone instead of the onboard speaker. And the reason for that is that, as we said, experience is evanescent, and if we can inject the sound directly into your ear, then it's going to make it easier for you to grasp what's going on. I don't care which ear you use, and I don't care whether you use my earphone or what have you got an earbud that you prefer. That's fine with me. As long as the sound gets, gets injected directly into your nervous system, basically. [Ryan: Yep.] So, um, like in most devices, when you plug that thing in, the onboard speaker will go off. So you'll hear it only in the, [inaudible].

11:01 Uh, so one more thing about the, let's, let's use the onboard speaker. So let's turn it back on again.

11:09 Ryan: Do I click the white button again?

11:11 RTH: But let's, let's just hold the button, hold that button down. Push it down, hold it down. Okay. Keep holding it. Hold it down longer. [the device beeps] So that square wave means the beeper is running. That's it. It's doing what it's supposed to be doing. And you can use that to adjust the volume. So if you go from a loud environment to a softer environment, you can, you can press that button to do, adjust the volume, but to, and to make sure that the beeper is still alive, basically.[Ryan: Um hm.].

11:41 There's one other sound that the beeper makes that, y'know, you probably don't need to worry about. But if, if the thing beeps and you don't respond to a beep, it'll beep for almost ever, it will be for a couple of minutes. And, uh, so the beep that you respond to is gonna, is gonna last for a long time. Okay, I'm gonna have to, but if you don't respond to it for whatever reason, you set it aside and walk away from it or whatever, and it starts to beep and you're not back in a couple of minutes, it'll go into what we call a "chirp mode." And the chirp mode sounds like "chirp." And then it waits for 30 seconds or something like that and goes "chirp." That's a battery saving deal. And it says, "I'm on, you didn't, I beeped, you didn't respond to a beep. Turn me off and start me back over again." [Ryan: Um hm.] So the device doesn't draw much current except when it's beeping. And so I don't want to, you know, I don't want you to put it into a drawer somewhere and then it'll beep and it'll beep all night and then the battery will be dead or something like that. [Ryan: Gotcha.].

12:41 So, we're going to, we're going to pick a time when we're going to do this. And to be concrete, let's, let's figure out when that's going to be, when, when, when, when do we want to have another interview? And then before that, in the 24-hour period before that, you're going to wear the beeper for three or four, three hours-ish.

13:00 Ryan: Um, I could do Tuesday evening.

13:08 RTH: Let me, I'm looking at what Alek told me about her schedule. So Tuesday evening she would prefer between 5 and 8 your time or 10 and 11 your time.

13:22 Ryan: Uh, I could do 5:00 PM.

13:28 RTH: 5:00 PM Eastern on Tuesday. [Ryan: Yes.] That sounds good to me. So what that means is that we would like you to wear the beeper either on Tuesday during the day or on Monday. [Ryan: Okay.] And w, and we don't, we don't really care, particularly when you wear it, and we don't really care what you're doing. We want you to be doing whatever it is that you would naturally be doing. We would prefer that you wear it for a chunk. We want you to get is about a half a dozen beeps, like six beeps. And, and the reason, there's no magic number about six, but six is sort of a convenient number to get. So if you get five, it's no big deal, or if you get seven, it's no big deal. But we're going to shoot for six, and we're not going to worry about being a little bit off in that regard.

14:17 But we would like you to wear it sort of in one setting if you *can*. But we understand that life goes on and maybe you can't do that. But, but the reason for that is that we want you to forget that you're wearing the beeper. [Ryan: Um hm.] So what we're, we're interested, really, in what Ryan's experience is like if he's not wearing a beeper, you know, we want Ryan in the wild, so to speak, rather than Ryan connected to our device. And the easiest way to do that, or the best way we can do that is for you to collect them all at the same time. If you get a beep, and then you take the beeper off, and then say, well, I'll put it on the beeper again and I'll wear it, then it's easy for you to keep track of what's going on, what's going on.

14:53 But all this stuff is, y'know, we, we recognize that life goes on and we have to, we have to operate in, in that model. So your task, sometime on Monday or Tuesday, you're going to put the beeper, you're going to turn the be, you're gonna put in an earphone, put the hook--there's a hook on that in that, in the bag if you use my earphone--and the hook goes behind, [Ryan holds up the earphone hook] yeah, the hook goes behind your ear and uh, and then put the wire in a convenient place. A lot of people wear the wire down inside their shirt because then you don't snag it on the doorknobs or whatever and but I, but how you do that doesn't really matter to me. As long as you get the ear, earphone feeling sort of secure in your ear, so that, so that then you don't remember, you don't remember it's there.

15:40 And then after, uh, two minutes or 30 minutes or an hour, the thing is going to beep, and when it beeps, your task is to try to freeze what's going on in your experience at that moment. And by freeze, I mean, well, pay attention to it and prepare yourself to be able to write down something about it. And I think I sent you a notebook (did I send you a notebook in the box?) [Ryan holds up a notebook] Yeah, you can use the notebook, you can, you can write it on your phone, some people dictate it, whatever it turns you on. The object is for you to be able to remember what was going on in your experience. [Ryan: Um hm.] And how you do that is between you and you. And if you take notes, I'm not going to ask to see the notes. This is not about the notes. The notes are from you to you so that then when we have a conversation about your experience, you can remember what was going on. But if you want to do it on your phone or whatever, however you want to do that, that's.

16:33 Ryan: I was thinking about like maybe doing a video recording of it that I could use in my vlog.

16:42 RTH: We don't have any rules about that. It could be that we will try that. You will try that and decide that it interferes with the process, and we will see that. I don't know whether it will or not. You and I will figure that out as we, as we go along. [Ryan: Okay.] So much of the procedure is going to be, well, let's figure it out as and what we can do in our environment, which is you have interest in your vlog and I have interests of mine and Alek has hers and there's still coronavirus and all that. You know, all that stuff comes into play in whatever way it comes into play. We're going to try to do the best, the best we can. And we're gonna, we're going to try it.

17:18 And one of the characteristics of this method is that we don't do it just once. We're going to do it several times and we're gonna, we're gonna profit (hopefully) from what we did the first time and what would help us do it better the second time around. But at any rate, your task is: however it is that you want to do it, whether it's video or jotting or whatever, pay enough attention to what's going on in your inner experience so that then we can talk about it. And then do that for half a dozen beeps, get a half a dozen beeps, which means you're going to have a half a dozen notes to yourself or vlogs to yourself or whatever it is that you're, that you do. And then take the beeper off and set it aside. So you're done with that until Tuesday at five o'clock.

18:01 Ryan: Um, would it be okay if I did it tonight, if I wore tonight? Or should I wait until closer to interview date?

18:08 RTH: If you wear it, it's okay with me for you to wear it tonight if you want to, if you just want to try it out and video yourself doing it and whatever. But uh, but I would like the beeps, the beeps that we talk about,

18:17 Ryan: [inaudible].

18:17 RTH: You want to practice this, that's fine. That's what I'm trying to say here. But the beeps that we talk about, I want you to have slept on only once. [Ryan: Makes sense.] So those beeps have to be like from Monday or Tuesday. And the reason for that is that for reasons that I don't particularly understand, when people have slept on a beep for a couple of times, they lose details.

18:38 Ryan: Yeah, that makes a lot of sense, as any memory.

18:41 RTH: Yeah. But it's the second, the second night, which is, I don't, I don't know that the memory literature tells you about that. But in my experience, you can sleep on a beep one time, sleep on a sample one time, and do a pretty good job of reporting about it. So I've followed people around and interviewed them right on the, on the spot and that doesn't make much difference. I get what it seems like to me the same thing, roughly roughly speaking anyway, as if we did it within 24 hours. But the *second* day is a different deal.

19:10 Ryan: How do you know that what people are telling you in the interview is not them like filling in blanks of things that they forgot. Is there any way of you knowing that? Or is it just the interviewee being as transparent as possible?

19:24 RTH: Well, you never know for sure. Absolutely you never know for sure. And what, and what, what we will try to do, you and I and Alek, we will try to build your skill (and our skill too) of *not* doing that. And we don't expect you to be very good at it. We expect you on the first day to fill in blanks and we're going to try to work, we're going to listen carefully to what you have to say and when it sounds like maybe you're filling in a blank or whatever, then then we're gonna try to help you not do that anymore. [Ryan: Um hm.] But the deal is, is, is that we think that in your, that your inner experience is interesting. And I think *you* think your inner experience is interesting. And making up shit about it is not as interesting as the actual experience. [Ryan: Um hm.] And we believe that sincerely. And I think you probably already believe it sincerely. And in the course of our interaction we'll come to appreciate that even more. And so I think *most* people will learn, will acquire the skill of *not* trying to make it up, because they know really this is, this is their one shot at finding out what their experience is really like. If they're gonna make it up, they can make it up with the bartender or the priest or whoever, you know? [Ryan: Yeah.]. So, but your, your question is a perfect, perfect question. I mean, we, we don't have any *objective* measurement.

20:41 So you're gonna, you're gonna get six beeps. You're gonna jot down about six samples. We're going to meet on Tuesday at five o'clock and we're gonna ask you questions, which are going to be basically "Well, tell me what was in your experience at the first beep?" And then you're going to tell us about, and we're going to ask you questions about it that try to amplify, clarify, disambiguate, whatever it is that you said. And then we're going to go into the second beep until we get to an hour when we're all gonna be tired. And then we'll do it again next week.

21:20 Ryan: What are some good, um, like bullet points to jot down about the memory, like the content though, the like the *way* I was thinking, like whether it was like monologue or visual? Or are those the things I should be jotting down?

21:35 RTH: That's a good question. And I'm gonna, I'm gonna give you an evasive answer to it, uh, because I don't, I don't know what your experience is going to be like. [Ryan: Yeah.] And I don't want to tell you what to be looking for.

21:45 Ryan: You don't want to be biased.

21:47 RTH: I don't want to, I don't want to bias you. I... So let's say I told you, well, I want you to tell me whether it's about inner speech, [inaudible] inner dialogue or monologue or whatever we call that is where, where we started. I personally actually don't much care about inner monologue, but if you *thought* I cared about inner monologue, then you would likely try to subconsciously or, or, or purposefully try to skew your, your experience in that, in that direction. And I don't want you to do that. So I don't want you to tell you, tell you what to do. I want you to try to capture your experience in the best way you can. And in the course of the first interview, it is likely that you will come to some kind of a realization [inaudible] if I, if I know we're going to have this kind of conversation then I probably would have written down that kind of stuff. And that's, that is a necessary evil (I guess you could say), it's a necessary inefficiency of the way that the method is. The method is designed with that inefficiency inherent in it, because the alternatives are all worse. That's, you know, we might waste, we might waste a sampling day or whatever until you figure out what it is that you have to write

down. But the alternative is that we would collude to pretend that something is interesting when it's, when it's actually not.

23:07 Ryan: Alright. Sounds good.

23:08 RTH: So it's so it's a, it's a matter of, of, of having, uh, a modicum of faith in the kinds of questions that I'm going to ask and my having a modicum of faith in that you're going to try to answer them. And then we're going to get together and we're going to put our gray matters together and see how we can do it better the next time.

23:27 Ryan: Alright! I'm excited to see what this experience is going to be like.

23:31 RTH: Me too. I'm looking forward to it. [Ryan: Okay.] So, so, so, back, doubling back. So if you want to wear the beeper tonight as a practice round or whatever to get familiar with it, that is totally fine with me. [Ryan: Um hm.] Um, or, and if not, that's totally fine with me, too. And if you want to video yourself while you're wearing it, that's fine with me. You know, that's, I don't... The only, the *only* thing I care about really is there, is the six experiences that you're going to get on the day before we meet. Other, other than that, you're a free agent.

24:08 Ryan: Alright. Sounds good then.

24:08 RTH: So I'm gonna, we're going to Skype again on...

24:13 Ryan: Tuesday at five.

24:16 RTH: Tuesday at five. And I'm, I'm wondering whether it's, whether *you* should initiate the Skype. And the reason that I'm asking about that is that I, when, in a three-way Skype in my experience a three-way Skype is that they don't divide, that the video doesn't divide the screen up equally. It makes one person bigger. And I think the one person bigger is the one who initiates the call. I'm not *sure* about that. But in the, in the work that Alek and I have been doing, Alek has been initiating most of the calls and she ends up having half the screen and I have end up having a quarter in the and the participant gets a quarter. And it seems like that should be the other way around. [Ryan: Yeah.] In this case *you* should have half the screen and Alek and I should occupy the other half of the screen. And I *think* the only way you can trick Skype into doing that is for you to make the call.

25:10 Ryan: Alright. I am, we can figure that out. I'll make the call and then if it doesn't work, I'm sure there's a way to do it within Skype to make it so you're pinned or--they call it pinned in Zoom. So I don't know what, we'll figure it out though.

25:23 RTH: Yeah. So you're going to Skype me and you're going to Skype Alek as well. [Ryan: Okay.] And her Skype name, do you have her Skype name? Why don't I, I'll email you her Skype name.

25:38 Ryan: Yeah. You can just email it to me.

25:39 RTH: Yeah. And so if you place a call and, and I, and I would say if, if for whatever reason that time doesn't work or whatever, all, all these things are up in the air as far as I'm concerned. And send me a text or an email or whatever and we'll reschedule whenever you're ready.

26:05 Ryan: Alright. Sounds good.

26:06 RTH: So do you have any questions about the beeper? If you would do try, if you do practice the beeper or whatever, and then, and that generates a question about the operation of the beeper, let me know. Send me an email or whatever.

26:17 Ryan: Alright. Sounds good.

26:19 RTH: Sounds good to me. I'm looking forward to it.