

# Tracking Subjective Experience

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Workshop @ QS17  
Amsterdam 2017-06-17

# In defense of subjective experience

Our perception in the moment

Our ability to recall past experience

Using technology to augment our memory

## A historical precedent: Francis Galton (1880)

By this time in his life meetings, committees, and lectures were consuming much of Galton's time. While people often doodle to pass the time away, the numerically obsessed Galton counted fidgets.<sup>59</sup> Yawns were one example, but the sum total of yawns was insufficient as he wanted to know who yawned and how often so he devised an instrument to keep track he called a "registrator."<sup>60</sup> One can imagine Galton at a particularly turgid lecture. He is wearing a pair of white cotton gloves. A swarthy man to his left yawns. In a pocket on the palm side of Galton's glove is a small white rectangle the size of a calling card. He pushes his thumb inward toward the card and the needle point poking through the fabric of the glove and attached to a sliver of wood sewn inside the glove makes a tiny hole in the card. A tall elegantly dressed friend stifles another yawn. Galton makes another prick starting a new column. The swarthy man yawns again. Galton makes second prick in the first column.

# Active self-tracking

Often called 'manual'. However, if your hands is part of it that's not what's interesting.

Passive or 'automatic' sensing is often seen as better or what we should be working towards (we beg to differ)

Different potentials for automation (possible to not anytime soon/highly unlikely)

Different areas: mood, food, pain, symptoms etc.

# Consciousness as part of the instrumentation

What does it mean to make consciousness part of the instrumentation?

Internal phenomena (in consciousness): sensations, feelings, thoughts, thought patterns

External phenomena

# Example: Thomas's tracking

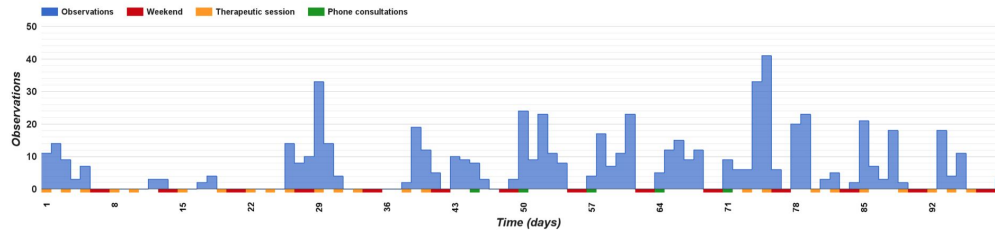
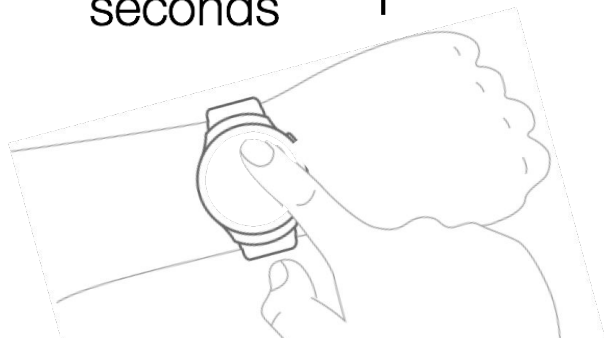
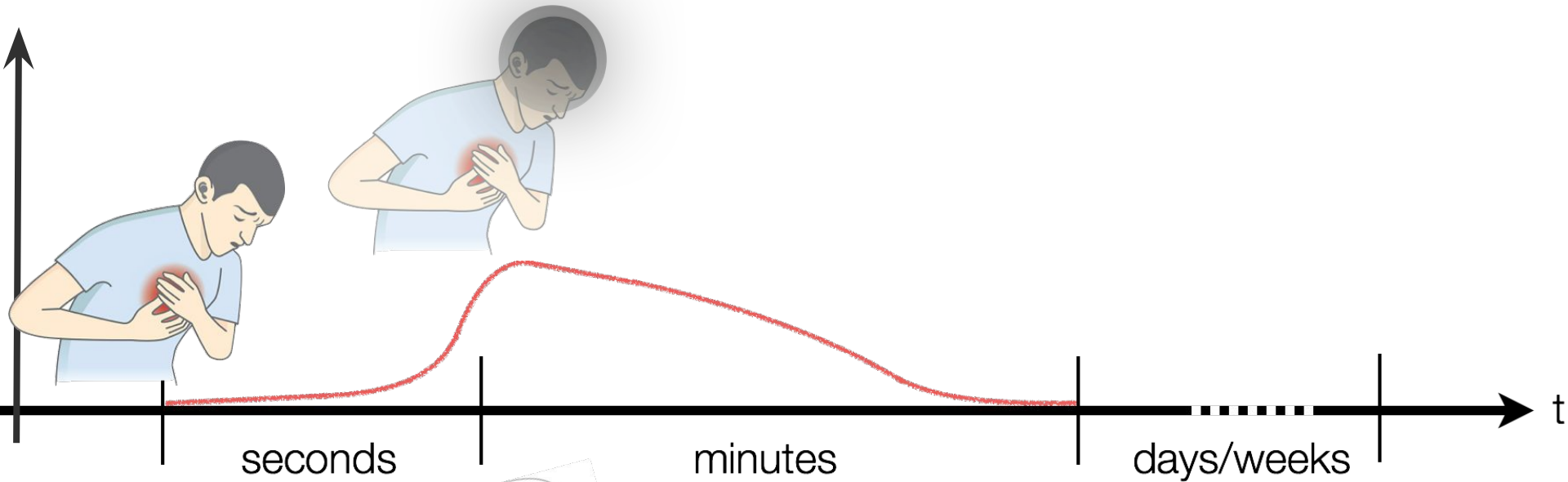
Sneezes

Tingling in nose

Itchiness of eczema

Sudden fatigue

# Case: Hyperarousal in PTSD



# Resources and contact info

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Larsen, JE; Eskelund, K; Christiansen TB: Active Self-Tracking of Subjective Experience with a One-Button Wearable: A Case Study in Military PTSD

<https://arxiv.org/abs/1703.03437>