

1 R. Yes.

2 I. That was it. What do you think?

3 R. So this was, it still felt a bit like a breath, but this time it  
4 moved from  
5 the bottom of the hand, up through the palm and then to  
6 the two middle fingers,  
7 and there it was more like, it feels more like vibrations.  
8 Well, there were such  
9 small rapid vibrations where the breath was. Now I call it  
10 just breathed to be  
11 able to describe it. So it feels more or there was such small  
12 vibrations along  
13 the palm.

14 I. Yes. Now you say the little vibrations, is it something  
15 you've tried before  
16 that you kind of got this feeling?

17 R. I think so. I'm not quite sure it does not feel completely  
18 unfamiliar, or  
19 such. Yes.

20 I. Is there a particular thing that comes to mind when you  
21 think of this  
22 feeling?

23 R. No, not immediately, no. Well, it feels so... How the hell...  
24 If you have a very  
25 old car where you turn on the engine and such the whole  
26 car shakes. So, it's  
27 kind of like the feeling of vibrations in a material. Yes. But  
28 this is so much  
29 more local, right? So, if you touched a material that  
30 vibrated, then it would be  
31 the whole hand that vibrated, ik ', but like this it was very  
32 local and small  
33 vibrations. Yes.

34 I. If you were to describe it to someone else, would you use  
35 these gentle  
36 vibrations again, or would you try to describe it in a  
37 different way to someone  
38 who has not tried it before?

39 R. Yes, I think such small vibrations up along the palm. Yes,  
40 I think that's my  
41 best bet. Yes, so that the breath moves, but the small  
42 vibrations are like where  
43 the breath is, or something like that. They follow as if  
44 breathing.

45 I. In relation to the second stimulus you had tried just

..Mild

28 before, that is, the  
29 one that was there dotted line-like – how would you relate  
30 this to it? Like in  
31 relation to, is it more comfortable? A little tired, right?

32 R. So, the other feels more natural like a gust of wind, and  
33 this feels more  
34 like such still a gust of wind, but as if there is something  
35 like that, you put  
36 something that vibrated up against the hand, which you  
37 then moved. But there was  
38 not the feeling of touching the hand, that is, so it was still  
39 such a feeling of  
40 gust of wind, but where the vibrations then moved along  
41 with. And it does not  
42 feel natural, so it was not a feeling of, "now I experience  
43 something, something  
44 I would naturally experience in everyday life", ie where the  
45 other was more like,  
46 feels like if you got air breathed on your hand, or  
47 something like that , it  
48 feels more like a natural feeling, where I never think I would  
49 experience this  
50 "in real life", or anything like that. Yes.

51 I. Are there any other things that come to mind?

52 R. Yes, I think it was a little wider than the other. So, so the  
53 other was such  
54 a narrow airflow, which, well, it's not so good on sound to  
55 show, but this from  
56 here, where this one went like two, yes so the whole... Yes,  
57 so if you say that it  
58 second was the width of one finger, then the width of this  
59 three fingers was  
60 across the palm. And then of course it was a different  
61 direction, so where the  
62 first one went from the little finger to the thumb, then it  
63 went here from the  
64 bottom of the hand up to the top of, or the bottom of, the  
65 middle fingers. Yes.

66 I. Cool. Yes. But if there is no more than that, then should  
67 we try one more  
68 stimulus?

Negative Emotions

69 R. I could just say that in terms of comfort, the first one was  
70 more comfortable

Negative Emotions

71 because it was so natural, felt natural, where it was a little  
72 more so unnatural,  
73 so you have to accept that it is not such a natural feeling.  
74 For one to begin  
75 to feel comfortable with it, I think.

54 I. So you would say that naturalness is easier to feel like  
being comfortable?  
55 Because you kind of know what it is, right?

56 R. No, not necessarily. It's just that it's easier to associate  
with, or it's  
57 easier to think like, 'Well, this is what I know,' so you don't  
have to think  
58 about it as much, or anything like that.

59 I. So it's more the thing about having a relationship with it  
in some way that  
60 makes it easier?

61 R. Yes, or just that you should not think like that about  
"what is happening  
62 now?", "Is this dangerous or strange?" or such. One is more  
accepting of the  
63 first, I think. If you did not know what it was you were  
doing. Or if you did  
64 not know it was a machine that did it, right? Yes.

65 I. Yes, then you would say that it was a little creepy that it  
was a machine  
66 that kind of touched one, or does it depend on what kind of  
stimuli it is like  
67 being played?

68 R. Yes, okay, I can also try to say it another way. If I came  
walking down the  
69 street and suddenly got a feeling that there was a gust of  
wind in my palm, then  
70 I would like "Well, but where does the gust of wind come  
from?" If I suddenly  
71 got the feeling that it was vibrating, like here number two,  
like this up  
72 through the palm of my hand, then I would be like a little  
more "What's going  
73 on? Is there something wrong with my hand?" So it's such a  
different feeling, a  
74 different association you get with this one than you got with  
the first one.

75 I. Okay, super.

76 R. Yes, I think it was.

77 I. Cool. Then we have to try the next thing here and see  
what happens there.

78 R. Yes. I'm wearing earmuffs.

79 I. That's nice.