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COMFORT STATIONS
          Another Chemycal Wedding
          Transcript from a sound recording.
          B: Are we recording?
          K: We are recording. Are you ready?
          B: Yes.
         K: As we both know, this technique requires two participants. Each participant takes turns being the interviewer and the interviewee. Now, as a matter of convenience, we have chosen ourselves as the subjects and objects of this sample. We should make it clear that results may vary for other participants.
         we believe it is helpful to introduce the procedure by providing examples of the style and range of stories elicited by the technique, therefore the present recording.
          B: Also, before discussing the technique's classification system, we should say that
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          K: Yes, the sampling we will present here should illustrate the essential features of
          the narratives that distinguish the different classification groups.
          B: Correct.
          K: Now, let's proceed.
          B: Very well.
          Station 1
          K: Please focus. Shall we begin?
         K: First, you will experience a single event. This event will activate your senses. You should open yourself to experience the event with all your senses. You should remain open after the event concludes and prepare yourself for any further events.
          Are you open?
          B: Yes.
          K: Very well. Before the event starts, I will ask you to consider a question.
          B: Alright.
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          K: Now, at this moment are you more interested in:
          a) what is actual.
          b) what is possible.
          B: Hmmm...
          K: Wait, don't tell me. Keep your answer in mind as you experience the event.
          B: Alright.
          K: Now, look closely and listen closer. Remember, everything must be learned. Here is
          your event.
          [Event]
          B: Hmmm...
          K: Considering what you have seen and heard, please read the following sentences and ask yourself: which do you think best describes you?
          B: These ones?
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K: Yes, these ones right here. I feel hopeful about most things.
 I ponder the root cause of phenomena and things. K: Now, don't say it aloud but please don't forget your choice. You will need to remember it as we move along. B: Wait, I'm thinking... K: Got it? B: Got it. K: Alright. So far so good? B: So far so good. K: Let's continue then. Station 2 B: Right, now you will experience a set of two events. You will pick the event that makes you feel the best after looking at it. Ready? K: Yes. B: But first, considering what you have seen and heard so far, would you say that normally you want things: (a) settled and decided.(b) unsettled and undecided. Again, keep your answer in mind as you experience the events. K: Hmmm... OK, proceed. B: Now look closely and listen closer. Remember, everything must...wait, wait...I also have to say this? Wasn't it enough to say it once? Saying it again sounds a bit ridiculous. K: What exactly sounds ridiculous? B: The "everything must be learned" part. K: Well, that's how it's written. As far as we know, each interviewer must say it. Look, we've barely started and you're already interfering with the flow. This makes it quite difficult to carry on. B: Fine, I'll say it if that's how it's written. "Everything must be learned." K: Thank you. B: Here are your events. [Events] So, have you made your choice? K: Wait, I'm not sure, I lost my concentration. Can I see them again? B: Sorry. It says here that the events cannot be repeated. But you will receive two new ones. Focus please. K: OK. fine.

4 B: Ready? K: Yes. B: Now, look closely and listen closer. Remember ... everything must be learned. K: [Sighs] B: Here are your new events. [Events] K: OK, I've got it. I've made my choice. B: Good. Now, considering what you have just chosen, please read the following sentences and ask yourself: which one do you think best describes you? K: OK. I am an important person.
 Once in a while, I think of things too bad to talk about. B: Good? K: Good, I think we're making progress. B: Are we? K: I believe so. B: I'm not so sure. What is it trying to say? K: Well, we just started. Can you have some patience? B: So, we can't discuss these things? K: Well, I just think we should follow the structure. And it said, "read and ask yourself", not read and discuss. B: But you do agree that it's hard to understand the relationship between those two options. K: Yes, at this moment I agree but I think it should become clearer as we move along. Listen, it says here that at this early stage we might encounter some difficulties. To assist us it offers us the following, it says: "Every day we are forced to practice adaptability. We can accustom ourselves to change by deliberately seeking new experiences." B: Fine. Let's keep going and see what new experiences are in store for us. K: Yes, let's. Station 3 K: You will now see four events. Please rate them in your mind in the order of most convincing to least convincing. Before you choose, consider the following question: When the phone rings do you: (a) rarely think about what you will say. (b) rehearse what you will say. B: Hmmm. K: Remember to always keep your answer to yourself. Now, look closely and listen closer. Everything must be learned. B: Is that really the only thing we can say each time? K: Can you please stop sabotaging this?

B: Fine, relax...continue. K: Here are your events. 10 K: Now, considering your choices up to this point, please read the following sentences and ask yourself: Which one do you think best describes you? Again, don't tell me your answer. Keep it in your head. B: I understood, I'm not stupid. K: I'm just saying the lines as it is required. It says here to remind the participant again that the answers should not be said aloud. B: I'm well aware by now. K: Then read the sentences. B: I'm trying. You keep interrupting with your redundant explanations. I feel hopeful about most things. 2. I seek luxury, sensuous comfort and the indulgence of a taste for the voluptuous. B: Wait, wait...I have to say again, those are strange choices. K: Well, those are the ones that were given to you, aren't they? B: I quess so. K: And I didn't argue about the ones that came up for me before, did I? B: No. K: Then maybe you shouldn't argue about the ones that correspond to you. B: Fine, I just don't see any progress here. K: I already said we have to be patient. B: I really don't think I'm being impatient. You're the one that keeps pressuring us to keep going without discussing anything. Why are we doing this again? K: Because we set out to do it with the goal of achieving a definitive result. B: But is that necessary? K: Well, it's something we agreed on, isn't it? And both you and I know that we are not the kind of people that begin a project and don't see it to its conclusion. B: That's true. K: Listen, here it says that if difficulties continue to arise, at this stage I should read the following: "Some people are influenced primarily by things around them: colors, weather, forms of architecture. Others are influenced mainly by inner motivations: moods, health factors, emotions." B: I see, and the events are the motivators in this case? K: They very well may be. Look, we already discussed this. We followed the instructions on how to construct the events and assemble their order. If we did that correctly and we commit to passing through the stations, then we should obtain satisfactory results. B: I still don't understand these results. K: I can't say that I do any more than you, but we do have to keep going. We have to take this seriously. We have a goal. B: Then I think we need to set a better mood.

[Relaxation music begins] That's much better I think. K: Fine. Now, are you going to do your part? B: Are you going to do yours? K: Yes. That's what I've been doing. B: Then let's keep going. Station 4 B: Alright. You will now experience a random number of events. Please keep careful count of the final number of events. As you keep count, please assign each event the mood or disposition that you most identify with at this moment. Remember, the test is valuable only if you are completely honest with yourself. K: Hmmm... B: Now, before you choose would you say that when the phone rings you: (a) hasten to get it first. (b) hope someone else will answer. K: Hmmm... B: Now, look closely and listen closer. Remember... No, I'm not saying that anymore. K: Fine, fine, just give me the events. [Events] B: Considering what you have seen and heard, please read aloud the following texts. 1. I feel trapped in a helpless situation and I am desperately seeking relief.
2. I'm having difficulty in making progress. Despite my attempt to conceal impulsiveness, my activities lead to problems and uncertainties, making me tense and irritable. My desired objective is an attempt to compensate for this and other conflicts. K: What is my desired objective? 44 B: Is that what you're trying to find out? K: Yes, that's what I wish to find out. B: Well, here it says you should ask yourself whether you look for the shadow instead of the sun too often. K: What? B: Maybe you have a chip on your shoulder. Maybe you are convinced that you can make and break your own standards. K: Maybe I am the way I am. Maybe I am what I am and that's all that I am. B: Is this about me now? Are you upset about how this is going? K: Maybe that was just the chip on my shoulder talking. I don't know. B: Well, then we should move on and see if we can find out. K: I thought you didn't want to move on. B: Now I'm curious. We have to move on if we want to get results, right? Do you want to get results?

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K: Yes.
         B: Fine, then let's move on.
         Station 5
         K: Now you will experience a series of events. Please think about which of the
         following events seems to represent the essence of your relationship to your family. These events may help you to identify the optimum passage through notoriously
         turbulent seas.
         B: Interesting.
         K: But first, would you say that when the phone rings you:
         (a) feel the need to lie down with your hand resting gently on your forehead.(b) eagerly await the voice of an unknown agent.
         K: Look closely and listen closer, remember...
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         B: Please.
         K: Fine. Here are your events.
         [Events]
         K: Now, considering what you have experienced, please read the following texts:
         B:
         1. I have the 'force of will' that desires action and effectiveness, to gain the satisfaction that comes from having molded something to suit myself.

2. Work that I want to do will be done well and be well integrated, partly out of the desire to feel that I have won a battle over something I decided to tackle but also out of the desire to see my opponents crushed and brought to ruin.
         K: Interesting.
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         B: How is that interesting? It has nothing to do with family.
         K: It doesn't? I beg to differ.
         B: I don't see it.
         K: What about molds and battles? Those are strong concepts.
         B: I think you're reaching.
         K: Am I?
         B: I think you're the one that's "molding" these answers because you're looking for a "battle".
         K: I believe I'm being objective.
         B: I think you're being a smart ass.
         K: Would you like me to say that you're acting just like your mother?
         B: I think that's something your father would say.
         K: You're a barrel of laughs.
         B: Ok, if you know everything, then tell me, in this scenario, who are my opponents?
         K: I think it's clear.
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B: What do you mean? K: Well, there are only two of us here. B: You're saying you're my opponent? K: For all intents and purposes. B: You're saying I'm trying to ruin you? K: I didn't say that. Listen, here it says: "we are not alone in this world.
Self-knowledge involves our relationship with others. We may be wonderful, but if we can't get along with others or they can't get along with us, all of our great qualities won't help-unless we want to live as hermits." B: OK, I understand. You want to play the victim, I see. Let's move on. K: No, that's not what I'm saying. You're not listening. B: You listen. Here it says: "try to be as honest with yourself as you can. You may still have illusions about yourself that don't completely correspond to your real self." K: Does that apply to me or to you? B: Or to both of us? K: See, now things are becoming murky and unclear. We should move on and see if we can get out this situation, which is becoming rather uncomfortable. B: Well, mirrors can be uncomfortable. K: So can black holes. Can we go to the next one? B: Yes. Station 6 B: Now think of the most important relationship in your life. The events that follow reveal different dynamics that may be at work. The situations depicted may be extreme but perhaps there are elements that reflect your own relationship. K: Again, mirrors. B: Before you choose would you say that when the phone rings you: (a) dread the voice of an unknown agent.(b) laugh for no reason. K: Hmmm. B: Now remember, we subconsciously use resentments to keep the spotlight off us. The more we point the finger at someone else the more we don't have to point the finger at ourselves. K: What are you saying? B: Here are your events. [Events] Now, considering what you have experienced, please read the following texts: 1. I take easily and quickly to anything that provides stimulation. I am preoccupied with things of an intensely exciting nature, whether erotically stimulating or 2. I want to be regarded as an exciting and interesting personality with an altogether charming and impressive influence on others. I use tactics cleverly to avoid endangering my chances of success or undermining others' confidence in myself.

4 Now this is clearly an attack. B: Listen, resentments hurt like thorns in your side. You need to pull them out one at a time. Until you do, you will never be free. K: I don't have resentments. B: We resent so that we don't have to deal with something in us. We resent so we don't have to experience the hurt of the loss. We resent so we don't have to conform our responsibility for what happened, for what we now need to do. K: What do you mean? B: Well, take this test. I feel that you've been using clever tactics to rig the parameters of this test for your own benefit. K: How? B: By making me out to be your adversary and implying that I'm attacking you. K: That was clearly an attack. If not from you, then from whom? You are the only other one here. And you are the one giving me these commands. B: Precisely, you're making me out to be the source of opposition. You're manipulating. K: I'm not sure, I've only been trying to follow the rules. Besides, who's manipulating who? That's my question. Maybe you're hiding the fact that you are the one who is ultimately in control. Maybe this is all happening for your benefit, not mine. B: I don't know if I believe that. K: You agreed to do this. I was happy not knowing. B: We both agreed to do this. I don't even know what we're trying to ultimately know. K: That's why we have to do it. We have to follow through in order to find out what there is to know. B: That word, "follow". Perhaps that's part of the problem. K: I see what's happening. You need to vent. Listen, if you feel like letting everything out, it is usually better for your type to do so. If you suppress your anger or annoyance, it may make itself felt somewhere else by somebody who may be quite innocent. 44 B: Your type? I'm a type now? K: Yes, it says here that we both are and that we should play a game now. In this game you will be the frog archetype and I will be the tadpole archetype. Ready? B: Sure, if that's our only option at the moment. K: Right now it is ... I'm the tadpole, you're the frog. Frog (B): Tadpole, you will do just what I tell you—as I tell you.
Tadpole (K): OK frog—I am only a tadpole and you can have me by the throat.
Frog (B): That's right. Glad you know your place.
Tadpole (K): OK. Thank you, powerful almighty frog. Thanks for letting me live—what else may I do for you?

Frog (B): Stay out of my sight -you annoy me-you do nothing to serve my purpose.

Tadpole (K): May I swim away?

Frog (B): No-that gives you too much freedom, pleasure, and sense of self. Stay around in fear and hide if you must-but be here for me to kick around or I will eat Tadpole (K): Yes, great frog. K: Is that overall better? B: I'm not sure what that was. K: Perhaps this will all be clearer once we reach the next station.

B: Let's just move on. We're getting lost in the weeds. I just need to see where this is going. K: Are you sure? B: Yes, stop asking. K: Let's continue then. Station 7 K: You will experience an array of meaningful events. Please absorb them carefully. You will recognize a figure in each event. You will pick out a figure and place yourself in its situation. You will then create a story for yourself. The story will provide imagined projections for analysis of personality and pathological disorders. Before we move on to the events, please answer this: When the phone rings you: (a) fantasize about the tone of the unknown agent's voice.(b) shudder for no reason. B: Uhh... K: Now, look closely and listen closer. I won't say that everything must be learned. Just remember that the events you will experience provide plenty of suggestive material. Every little disappointment or worry is registered in our behavior, the way we react, talk and use our body. So be aware of yourself as you experience these events. [Events] B: Wait! Where did that come from? K: What? B: There was an outlier among those events. K: What do you mean? B: There was clearly an unusual event, one that did not belong with the others. K: Please remember, we are not supposed to discuss single events. Please create your story and don't interrupt the flow of events. B: Now you're doing it again. Controlling the parameters. 46 K: I'm not. Listen, I'm trying to help you and you just keep making things difficult. You're unreasonable and you've been sabotaging this whole thing from the beginning and I don't understand why. You should be aware of the fact that while you intellectually accept the need for objectivity, many of your daily actions and decisions are colored by prejudices and stereotypes. Before jumping to conclusions, it would be a good idea to ask yourself, "Did I say or do this just because I have preconceived notions, or because my facts were correct?" 48 B: You don't need to make me out to be prejudiced just for remarking on events that are clearly happening. I'm also trying to go along and finish this thing and you portray me as wanting to deliberately ruin this. Hidden hostility can be very costly. It can influence your judgment and can antagonize other people, since few of us are good enough actors to really hide these negative feelings. K: Look, that's not it. My hostility is not hidden. It's right out in the open. To regain my ability to see clearly and to take effective action, I need to be free of the emotional charge. B: And I'm your toilet in this scenario. K: In a manner of speaking, perhaps at this stage that can be your role. B: Please. You must be kidding.

4 K: I can be your toilet, too, if you want me to. B: I certainly don't. I would rather occupy my time with other things. Unlike you, I have set goal's that are far beyond my present achievement. K: I also have other places I want to be. Maybe I just think that we will get there once we pass through. I believe things are only visible on the other side. B: All I know is that right now something is different. Something has changed. I want to keep going, I'm fine with that but let's try to keep things fair. This is not about us at the moment, but about the facts. So please, let's both pay attention to everything that's happening. K: Fine, I agree. Would you like to continue with the events? You did not receive all the ones intended for you. B: I didn't? K: No, there's more. B: Fine, give them to me. K: Here are the rest of your events. [Events] Now, considering what you have experienced so far, please read the following descriptions of yourself. 1. I constantly see the signs of an inner imbalance. I believe that there is something dreadfully wrong with my existence, proof of which I find in portents all around me. At the same time, these signs reinforce the sense that there is a higher good or some purpose for which I am destined. 2. There is no number 2. K: What do you mean? B: There is nothing here. The field is empty. K: That can't be. This makes no sense. We've been following the steps. What should we do? I don't know what that means. B: I don't know either, maybe some kind of sign. 44 K: This is upsetting. Whatever it is, I don't like it. Maybe we did something wrong. Maybe we should go back to the beginning and start over. B: Relax. K: I don't want to relax. I think we should pause for a second and reassess what we've been doing. Look at things more carefully. We've already had enough problems. B: I think if we've come this far, we should not stop now. That would be senseless. K: But I just think that we must've made a mistake along the way. If we just go back and retrace our steps, we might be able to determine where we took a wrong turn. B: I'm not going back. I'm not doing this again. You said we have to keep moving, so we should move on. You said we have to pass through, so we should pass through. K: But how? B: I think this is a sign. I believe it's trying to tell us that we have to concentrate. Our efforts must be wanting. We have to focus. K: Fine, but how do we do that? B: Perhaps a different song. [Relaxation music changes]

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B: Let's play another game.
K: If you think it'll help.
B: It can't hurt. In this game you will play the snail archetype and I will play the
slug archetype.
K: Where are we?
B: Here.
K: I'm the snail?
B: And I'm the slug.
Snail (K): Slug you will say just what I tell you-as I tell you.
Slug (B): OK snail-I am only a slug and you can have me by the breathing pore.
Snail (K): That's right. Glad you know your place.
Slug (B): OK. Thank you, powerful almighty snail. Thanks for letting me live-what
else may I do for you?

Snail (K): Stay out of my sight-you annoy me-you do nothing to serve my purpose.

Slug (B): May I crawl away?
Snail (K): No-that gives you too much freedom, pleasure, and sense of self. Stay around in fear and hide if you must-but be here for me to kick around or I will eat
you!
Slug (B): Yes, great snail.
Snail (K): Actually, you know what you can do?
Slug (B): What?
Snail (K): You can watch me sleep.
Slug (B): May I ask what for, great snail?
Snail (K): You will watch me sleep and you will decipher my dreams. If you fail, I
will eat you!
Slug (B): Yes, great snail. I will do as you say. Snail (K): You will see wonders!
Station 9
[Telephone rings]
K: Oh no. What was that?
[Telephone rings]
B: Well? Are we going to answer it?
K: I can't. You answer it.
B: Fine I'll do it ... [Picks up the telephone] Hello? Hello?... Nothing.
K: Good.
B: Don't be a wimp.
K: You don't have to insult me. This is horrible. I don't know if I want to keep
going.
B: Listen, when Balinese children are frightened of strangers or strange situations, their elders shout at them, "Don't show fear!" and they learn not to run but stand
stock still, often with their hands pressed over their eyes.
K: I have my hands over my eyes. Now what?
B: Just keep going. Give me the events.
K: Fine...You will experience...events...blah, blah, blah, you know the drill.
B: [Sighs]
[Events begin]
[Telephone rings]
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4 K: Damn it! What ... [Unintelligible] B: Pick it up! K: Not a chance. You pick it up. B: Fine, I'll do it...again. [Picks up the telephone] Hello? Hello? K: Again nothing? My stomach is killing me. B: Yep. Nothing. The rest of my events please. K: Wait. What about my dream? B: Right. I'm supposed to decipher it? K: Yes. B: Are your eyes still closed? K: Yes. B: Let me see it then. K: Here. [Dream events] B: Ok, I have considered what I have seen and heard. Now, please repeat after me: "I unwrap the toaster. K: I unwrap the toaster. B: "I fasten the handles with the plastic paste provided, to both sides of the K: I fasten the handles with the plastic paste provided, to both sides of the [Telephone rings] B: Again? What is it with these intrusions? K: We're not picking it up, right? B: No. This is really disrespectful. We have things to do. We're supposed to finish this thing. K: I know. That's why I'm saying we should quit. B: Enough with your quitting. Let's go back to the dream. K: Are you sure? B: Do it. K: Fine, here it is. Station 10 [Dream events] B: Wait! Where did that come from? K: What? B: There was an outlier among those events. 64 K: What do you mean?

4 K: My stomach, too. [Telephone rings] Whoever it is. I think they just want to mess with us. I say we ignore it. B: No, I want to know what they have to say. [Picks up the telephone] Hello? He K: Take it easy. Did you know that when Balinese children are frightened of strangers or strange situations, their elders shout at them, "Don't show fear!" and they learn not to run but stand stock still, often with their hands pressed over their eyes. B: I've never heard of that. K: Put your hands over your eyes. I will decipher your dream. Station 11 [Dream events] K: Ok. Let me see. I have considered what I have seen and heard. Now, please repeat after me: "I unwrap the toaster." B: I unwrap the toaster. K: "I fasten the handles with the plastic paste provided, to both sides of the toaster." B: I fasten the handles with the plastic paste provided, to both sides of the toaster. K: "I insert the grill with the baking side up." B: I insert the grill with the baking side up. [Telephone rings] K: Can't these interruptions stop? This is too much. B: I'm going to pick up. K: No, wait, there's more. B: Stop, I need to know what this is about. K: You're the one that can't stop. Pushing us to go through with this nonsense. B: I need to fucking win! K: Me too ... I think ... but I feel a hole in my guts the size of a canyon. B: At least you don't have a lump of pure death jamming up your skull. [Dream events return] K: They're back. Repeat after me: "I am ready for the most delicious English muffins." B: I am ready for the most delicious English muffins. [Dream events continue] [Telephone rings] B: Wait, those events weren't mine. K: They weren't mine either. B: I don't think any of these are ours. I don't recognize them.

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K: Perhaps none of them are ours.
       [Telephone rings]
       Station 12
       B: I think I actually hear something now. Wait, I need to concentrate...
       [Relaxing nature sounds stop]
       [Telephone rings]
       K: Really? You hear something? But you didn't pick up the phone.
       B: I can't describe it but it's there, Listen...
       [Long pause]
       [Telephone rings]
       K: I can't hear anything.
       B: Close your eyes.
       K: They were already closed.
       [Telephone rings]
       B: Listen closely.
       [Long pause]
       K: Ok...I don't know if it's the same thing you are hearing but I hear something, too. What should we do?
       B: I don't know. I'm a bit lost.
       K: Me too. Should we keep listening?
       B: Sure.
       [Long pause]
       K: Do you think it's the unknown agent?
44
       B: Is it one or is it many?
       K: I don't know. Maybe one in the guise of many.
       B: Or many in the guise of one.
       K: Maybe. But do you think he's the one doing this?
       B: It wouldn't surprise me.
       K: Maybe he's trying to tell us something.
       B: I can't make it out clearly.
       [Telephone rings]
       K: One more game?
       B: Really? Now?
       K: Yes, now. Why not? What do we have to lose?
       B: Who will be smoke and who will be fire?
       K: I'll be smoke, and you'll be fire.
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B: Ok, I'll be fire and as fire I'll burn off your skin and liberate your intestines. K: And as smoke I will chase out the growth inside your brain. B: I'll take your diseased intestines and use them to tie down the unknown agent. I'll tie him so tight, his limbs will turn purple. K: And I'll take the lump from your skull and use its horrifying scent to mesmerize B: Under our spell he will say what he has to say. [Telephone rings] Station 13 K: Well, now that we have him, let's see what he has to say. Speak demon! B: He doesn't want to. K: We have to ask correctly. B: Right, he requires the right instructions. K: Here it goes: By all things that were and are and will be. By all things that the four parts of the world contain and by the ages of the world and by all the animals that exist beneath the heavens and by serpents and flying things, bipeds, tripeds and quadrupeds, we conjure you to speak. B: We demand that you show us whatever you see. That you show us the truth. That you have no rest unless you reveal to us the thief and the theft. K: Anything? B: Nothing. K: That didn't work. B: That didn't work at all. K: How do we ask then? B: How about this: Hello unknown agent, from your compromised position you will experience a single event. This event will activate your senses. You should open yourself to experiencing the event with all your senses. You should remain open after the event concludes and prepare yourself for any further events. Before experiencing your event, please consider the following questions: K: Did I do what I did? B: The moment I did it, didn't I do what I thought I should do, when I did what I K: I didn't know then what I know now, did I? B: If I knew then what I know now, wouldn't I have done something different than what I did when I did what I did? K: Am I willing to forgive myself for not knowing what I didn't know when I did what I did before I knew what I know now? B: Remember, keep your answers in mind as you experience the event. Station 14