



# Sampling Inner Experience in Disturbed Affect (Emotions, Personality, and Psychotherapy)

*Russell T. Hurlburt*

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Following up on his groundbreaking 1990 work *Sampling Normal and Schizophrenic Inner Experience*, Dr. Hurlburt delineates the development of his descriptive sampling method across numerous case studies of depressed, anxious, bulimic, and borderline personalities. Though controversial, the method effectively demonstrates that an 'introspective' technique can provide compelling, vivid descriptions of patients, as well as make distinctions between diagnostic groups.

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