

**Title:** Temporality and selfhood: phenomenology of the lived time in bodily and narrative self.

### **Abstract**

Temporality, or lived time, is a basic feature of human experience. In everyday life, we find ourselves directed toward a somewhat defined future while moving away from a gradually fading past. Experience of time plays a crucial role in shaping our lived experiences as it is essential for the creation of the self. Selfhood can be manifested at least at two levels of phenomenal consciousness: minimal and narrative. The minimal or bodily self represents the most intrinsic sense of being oneself in the present moment, embodying pure subjectivity. In contrast, the concept of narrative identity, related to the explicit time experience, implies a continuity of the personal past, present and future that is similar to the unity of a story that we are telling. The narrative self establishes the historical continuity that we regard as essential for personal identity. If the first-person perspective is primordially embodied, then our self-narratives must incorporate an ongoing, dynamic interpretation of our embodied experience. This deep relation between temporality and selfhood implies that in the case of disturbed self, lived time also alters. Phenomenological psychopathology research shows that temporality is often disturbed in psychopathological states, with different disturbances characteristic of different kinds of disorders. For instance, temporality in personality disorders is explored by investigating the relationship between symptom severity and lived time, what combines objectified measures of time perception with phenomenological interpretation. In my presentation I will discuss the methodology of the study on the time experience and self-disturbance in Narcissistic Personality Disorder conducted by PhD student Anna Sterna with my involvement. This research aims at uncovering different levels of time experience with the use of three tools: quantitative Zimbardo Time Perspective Inventory and Cottle's Circles Test, which objectify the measurement of its implicit aspect, as well as the qualitative Live Story Interview, which inquires self-narratives. To analyse the first-person data and to uncover the meanings of the experienced phenomena, Giorgi's phenomenological psychological method will be applied. As I will conduct interviews with the control group, I would like to use the obtained data for my Master's thesis and take thought on the dynamics between the minimal and narrative levels of time experience. The study is conducted as a part of the "Quantitative Phenomenology of Disordered Temporalities" project held at the University of Medical Sciences in Poznań, supervised by Professor Marcin Moskalewicz.