

DOPE LABS

Transcript of Lab 010

Zakiya: Everybody I want to tell a story.

Titi: No. I don't want you to tell a story because you never tell stories right. You always start adding all this extra stuff that didn't actually happen.

Zakiya: No I just give a lot of descriptors and I think sometimes you're just worried about the wrong things.

Titi: What? The truth?

Zakiya: No. I tell the truth but I want people to feel like they are there. I tell stories in Dolby Digital IMAX 3D on a leather sofa. That's reclines.

Titi: That's not true because you tell stories and all of a sudden there's all these added layers and all this added drama that wasn't there. And so I feel like that's not the actual story. And you have me out here looking crazy.

Zakiya: You're punishing me for being perceptive. I can feel the tension in the room. I can feel -- I'm you know -- I have these big 'ol eyeballs I'm always looking. I'm always see stuff and maybe I'm just seeing stuff that you're not seeing.

Titi: No. I don't think that's what's happening at all.

Zakiya: You know is the story I'm about to tell?

Titi: Yes I know the story you're about to tell. Are you telling this now or are you telling in the intro.

Zakiya: I'm telling it now.

BOTH: I'm Titi and I'm Zakiya and from Spotify studios. This is Dope Labs.

Zakiya: So one time we were out and this man was drunk and we were at this place they have big open windows and the guy tried to like--. Everybody was dancing but we weren't dancing. We were too cool for that.

Titi: Also known as Titi don't know how to dance.

Zakiya: Well speak for yourself---. Oh well yeah. You said Titi.

Titi: I said Titi so no need to be spicy.

Titi: You see how I tell the truth.

Zakiya: Habanero.

Zakiya: So there's this guy. He comes up and he tries to like dance with Titi but also almost like tries to pick her up almost.

Titi: Oh my God.

Zakiya: True or false.

Titi: Yes true.

Zakiya: And my friend got so mad. Y'all know like Bruce Banner.

Titi: Bruce Banner? Where's this story going? Because I know what happened but I feel like this is getting out of hand.

Zakiya: Y'all know that nursery rhyme that says, "Grab you by the collar boy you better holler." Titi grabbed that man by the collar. *WHEW* I said, She grabbed a collar and turned your wrist. What would that be? Counterclockwise? I don't know. -- Turned your wrist, picked him up.

Titi: Okay. See this is when the lie begins.

Zakiya: Did your arms go up?

Titi: Did I pick him up? No. My arms did not go up.

Zakiya: Did he raise?

Titi: No.

Zakiya: Well...

Titi: See! This is what I'm talking about! What is wrong with your brain?

Zakiya: My friend picked that man up off the ground.

Titi: How did I..

Zakiya: His toes were just barely touching.

Titi: He would have to be the size of a toddler for that to happen.

Zakiya: He was tall too.

Titi: So how is that possible?

Zakiya: Low center of gravity I don't know.

Titi: Well my version of that story is this man, this person was like trying to pick me up and I was like, "No thank you."

Zakiya: No.

Titi: I would like my feet to remain on the ground.

Zakiya: Stop it.

Titi: What?

Zakiya: Yeah.

Titi: Are you saying that's what I said?

Zakiya: No. That's what I'm saying how you felt.

Titi: Okay so this is turning into a comic book now. It's like POW! ZAM!

Zakiya: Yeah. That's exactly what I like to add.

Titi: No!

Zakiya: You want a narrative. You want me to say, "And then Titi said this. And then he said."

Titi: Because it wasn't nothing said. It was just like whoa whoa. None of that. And that's all it was basically.

Zakiya: So I haven't heard you say the part where you grabbed him by the collar.

Titi: I didn't grab him by the collar. I didn't grab him by the collar. I put my hands on his chest and pushed him away. I was like, "Stop."

Zakiya: We gotta get to the bottom of this. I told this story a million times and people know that Titi grabbed the man by the collar.

Titi: OK. But I was there. You were there.

Zakiya: You were in the moment. You can't remember.

Titi: What? If anything I should remember more than you.

Zakiya: You don't know your own strength.

Titi: I know if I could pick a six foot man up off the ground. That's not happening.

Zakiya: You've got to shrink yourself for these people.

Titi: I'm not shrinking..

Zakiya: Show them you're an X-man. Show them your true powers.

Titi: I don't have any powers. All I did was remove that man from my vicinity and that was that.

Zakiya: My version is a gorilla in the club accost my friend and we are like "whoa whoa whoa." And my friends like, "nuh uh". Grabs him by the collar. Twist.

Titi: No.

Zakiya: Pull up. I can't confirm that his heels came up off the ground but it felt like it. Because he didn't bother us anymore.

Titi: Pow.

Zakiya: Pow. We were both there.

Titi: I was definitely there and so were you.

Zakiya: I saw it.

Titi: And I saw it too.

Zakiya: But I was in the back so I saw it real good.

Titi: No I was in it so I know what happened.

Zakiya: And I think there is a problem here because I want to know why do we remember this differently?

Titi: I can name a few reasons but I think I understand where you're going. I think I understand where you're going. Yes I would like to know too.

Zakiya: Let's walk down memory lane.

Titi: So today's episode is about memory.

Zakiya: All this back and forth about stories being told the wrong way really has us thinking about our brains and how these memories, whether true or false, come to be.

Titi: Right. So let's start with what we know. We know that you and I have different recollections of some of the things that have happened during our friendship.

Zakiya: Right.

Titi: And so clearly two people can remember the same event differently.

Zakiya: We also know that we can remember these things even though they happened a long time ago. We can still access memories. So memories that we've had for a really long time, we can still access them.

Titi: But we also know that we don't remember everything. Do you remember what you had for breakfast like last week?

Zakiya: Cake.

Titi: I don't believe you.

Zakiya: No! You know what. We had breakfast together a week ago. Isn't that wild?

Titi: When?

Zakiya: See this is what I'm talking about. Then they say, they call you a liar.

Titi: When?

Zakiya: Down at the National Press Club. We had croissants. You had one that had banana curd in it.

Titi: That was disgusting.

Zakiya: Very nice, warm.

Titi: I hate bananas. They are so nasty. Imagine biting into something that you think is a croissant and there is banana puree in the center.

Zakiya: Yummy.

Titi: I thought I was going to vomit. Tastes like baby food.

Zakiya: That's what I was going to say. So convenient just like baby food.

Titi: Ewwwwwww.

Zakiya: Oh man. So yeah it's interesting right. Because like how could you go from not remembering that at all to the exact detail of like the banana curd and how it felt when you ate it? Isn't that crazy?

Titi: Right. I just needed, like, a couple of cues.

BOTH: Hmm hmm hmm hmm hmm hmm hmm.

Titi: So what do we want to know?

Zakiya: I want to know how memories are made in the brain. Is it like lying?

Titi: Yeah. I want to know, like, are there different types of memory? Because I know there's short term memory and you have long term memory but what are all the other types that are going on in your brain?

Zakiya: And I know that I was just able to jog your memory but is there any like tried and true way to, like, help people remember things?

Titi: That's a good question and I want to know what happens in our brains over time.

Zakiya: Right. Who's prioritizing these memories? Like is it like a filing system or is it like "oh you haven't touched this"? Is it like the trashcan or your computer? Like if you move something to the trash but if you don't open it again it gets deleted?

Titi: Right. Maybe. Maybe it is something like that.

Zakiya: And then I want to know once the memory is in there, right, like once we have a memory of an event can you change that memory? Is it like Inception? Is that based on anything real?

Titi: Oh my goodness I don't even want to start thinking about Inception. I'm going to get so confused. We haven't even started the episode. We're not even in the dissection yet. I don't want to be confused right now.

Zakiya: Wait for the drop.

Titi: Ahhhhhh!!!!

Zakiya: You remember that in the movie?

Titi: Yes!

Zakiya: Man. That's exactly what be waking me up when I'm sleep... At work. At my desk. I'm like back out of that dream.

Titi: And the last thing I want to know is why is Zakiya's memory so bad? I think it's a valid question.

Zakiya: Well one of us knew what we have for breakfast last Friday.

Titi: Yeah. All I needed was you to jog my memory.

Zakiya: Then whose memory is bad?

Titi: You got a bad memory.

Zakiya: All right. Welcome to the dissection we are ready to dive in. Titi I want to know why you have repressed your memory of picking that man up.

Titi: OK. Because it didn't actually happen but OK. Our guest expert this week is Dr. Elizabeth Loftus.

Dr. Loftus:] My name is Elizabeth Loftus and I'm a professor at the University of California Irvine.

Titi: Dr. Loftus is an experimental psychologist who specializes in the study of human memory.

Dr. Loftus: Memory is important because without it you wouldn't know how when you woke up in the morning to make coffee or make toast or figure out where you left your car keys or find your way to the bus stop. Memory is important because our memories are part of our identity and make us feel something about who we are.

Titi: Specifically she studies how memories can be changed or corrupted.

Dr. Loftus: The problem with memory is that it's not always accurate and inaccuracies can creep into memory for a number of reasons. In some situations memory is exceedingly important such as when it's involved in a court case and somebody's liberty, their freedom is at stake.

Zakiya: But the first thing we want to know is about memories in general. Are all memories the same?

Titi: Dr. Loftus says there are a lot of different types of memories.

Dr. Loftus: For example we have episodic memories which are our memories about our personal past. Sometimes we use the term autobiographical memory when it's about our life. There are semantic memories which are memories that we have about words and concepts and a knowledge of the world. There are procedural memories such as remembering how to ride a bike or how to play the piano.

Zakiya: We asked Dr. Loftus How do you study memory? What is a typical experiment? What does it look like? How does it help you understand how memory works?

Dr. Loftus: Well in many of the experiments that I've done and others scientists we'll show people a simulated event. It might be a simulated crime or a simulated accident. And later on we're going to expose them to some new information. So you might see a robbery where the perpetrator is wearing a green jacket and later on you encounter another witness who says, "Well I saw the guy take the wallet and he had a brown jacket." What is that going to do to the original witnesses' memory? And for many witnesses they succumb to the suggestion and now they say I saw a brown jacket too.

Zakiya: All of our memories are stored in the brain.

Titi:] In the lying episode we talked about white matter and gray matter in the brain. But the most important parts of the brain for memories are the cerebrum and the cerebellum.

Zakiya: We're not going to dive into the neurobiology of memories in this episode so you can check out our show notes for more information about that.

Titi: But we will tell you this -- where the memories are stored in the brain depends on the type of memories they are.

Zakiya: And most people assume that once a memory is in your brain is locked. It can't change.

Titi: But a big part of Dr. Loftus' work is proving that memory is malleable and that it can be changed or corrupted due to outside influences.

Zakiya: So what are some examples of things that can influence a person's memory?

Dr. Loftus: One of the things that can influence a person's memory, for say a past event, is whether they get some new information about the event. So for example in some of the studies that we have done we might expose people to a simulated accident where a car goes through an intersection with a yield sign and we can suggest to people that what they saw as a stop sign -- not a yield sign. And many people then will accept the suggestion and come to remember that they saw a stop sign.

Zakiya: This is very true. You remember that story that we told earlier about being at my house watching scary movies and then we both heard the door handle at the back door like jiggle.

Titi: It sounded like somebody had grabbed the doorknob and was trying to get inside the house.

Zakiya: All we did was look at each other and the next thing I knew we were out the front door.

Titi: Barefoot.

Zakiya: Barefoot in the night. Yes.

Titi: And I was... because the Zakiya as we know is a very good cook and she had barbecued that day. She grilled out. And so I had a rib in my mouth. I was mid-bite when we heard that sound. And as soon as we heard that sound I dropped that rib smooth on the floor.

Zakiya: And the crazy thing is, every time I tell this story I say, "I looked at Titi, she dropped that right onto the carpet. Boom. And we ran out the door." But I don't remember seeing that. I know I didn't see it because I know I locked eyes with you and then the next thing I remember I was out the front door.

Titi: Looking at the night sky.

Zakiya: Yeah. And I was like, "We gotta get some help."

Titi: But that goes to what Dr. Loftis is saying. I told you that I dropped the rib on the floor and when we came back in, we saw it! On the floor. So that was additional information that then changed your memory of that event.

Zakiya: Isn't that wild?

Titi: That's really interesting. I think another thing that a lot of people think or say or that I've heard people say is that smell is the strongest link to memory.

Zakiya: I have definitely both heard and said that.

Titi: There have been times where I'm like "oh this soap reminds me of kindergarten."

Zakiya: Yeah but is that true?

Dr. Loftus: There are smells that can act as retrieval cues and can remind you of something that happened in the past maybe a time when you smelled something similar but I wouldn't call it the strongest retrieval cue. In fact much more scientific work has been probably done on visual information or even auditory information than the olfactory or smell information.

Zakiya: So memories can be influenced by new information like with Titi and the rib. But what if the new information we get is inaccurate?

Titi: That's what Dr. Loftus calls "the misinformation effect" and it can result in memory contamination.

Dr. Loftus: We get new information when we talk to other people who might have witnessed the same event or if we are interviewed or interrogated by somebody who perhaps has an agenda or a bias and maybe inadvertently contaminates us. If we see a high publicity event and then turn on the TV or the get internet news or newspaper news about some event, all of these provide an opportunity for this new information to enter a person's memory and cause an alteration or a contamination, a transformation in the memory.

Titi: So this makes me think about Lab 3 when we talked about lying because I think that there's an important distinction here. You might think that somebody is deliberately lying to you but they might just have a contaminated memory.

Zakiya: Or they might just be contaminated.

Zakiya: Not me but they might be.

Titi: They.

Zakiya: Universal they.

Titi: "D.J. Khalid" they.

Zakiya: The "D.J. Khalid" they. That's right.

Dr. Loftus: The kinds of memory distortions that I study and spend a lot of time thinking about are not deliberate lies. These are distortions in the minds of people who are trying to be accurate and honest and trying to tell you what they truly remember. But they have been influenced by some sort of suggestion that causes these memory distortions and inaccurate reporting. It's very different from deliberate intentional lying.

Titi: OK. So back to that night that I did NOT pick that man up by his collar. Why does Zakiya not remember things how I remember them? We were both there and any outside influences that were around we both experienced them and we still don't tell the same story.

Dr. Loftus: One obvious reason is that they're focusing on different details. They're looking at different parts of the event and so they're remembering different parts. It's also possible sometimes a person's own biases that they already have can influence how they perceive and remember something. It's also possible that these two people could be exposed to different forms of post-event information. So one of them might have memory that gets contaminated by misinformation and the other doesn't.

Zakiya: Thank you Elizabeth. It's because I'm biased. I see a strong, brave, in charge, and able to protect me from all outside threats. And that has colored my perception as I access this memory over and over again.

Titi: She wants me to apologize.

Zakiya: Nope.

Titi: I'm sorry Zakiya.

Zakiya: I don't want you to apologize.

Titi: Thank you so much for telling that story that way.

Zakiya: In all my stories, in all my stories you are the hero.

Titi: Or the crazy person it depends on your bias and your perception of the event. Somebody may hear that I picked a man up by the collar and be like, "that lady is crazy."

Zakiya: That lady is strong. OK. Let's take a break. When we come back we'll talk about collective memory. When it comes to things we all remember do the same rules still apply? Don't go anywhere.

Titi: And we're back and we want to talk about collective memory. Moments in history that society remembers together. Is it possible for a group of people to have a collective memory of an event?

Dr. Loftus: There are certain events that happen in the world that we as a society may experience together.

Zakiya: When I think of collective memory I tend to think of like traumatic events like wars or major protests or things that happen to different groups of people. Right?

Dr. Loftus: We call these sort of flashbulb memories, these collective memories for you know traumatic national events. For example wherever you live we share the experiences of what happened on 9/11 and many people can tell you something about how they learned the news on that particular day.

Zakiya: When we think about collective memory we all may have a certain narrative like or there's like a predominant narrative and that's the collective memory about an event.

Titi: Or like a collective emotion or something like that.

Zakiya: Yeah. People think about 9/11 and are generally sad, right?

Dr. Loftus: There is a sense in which we still as a society share that experience and are bound together by having endured that experience but it's still very interesting that when you gather information from people right afterwards and you say, "how'd you hear the news?" They may they you know, "I was in my college dorm and my roommate came in and told me." But when you interview them a year or two later they're telling you that they learned about it when they turned on the TV. So even memories surrounding something very emotional are malleable.

Titi: So collective memory can change just like individual memories can.

Zakiya: I guess how I wonder like how does collective memory get shaped. Like who decides what we remember?

Titi: There are some really interesting examples in the world right now of things that could influence collective memory. One of those things is monuments that commemorate different people or events.

Dr. Loftus: What I described earlier was new misleading information that can contaminate or distort or transform somebody's memory. But it's also the case that you can see items in the world as you're wandering through the world that can remind you of past experience.

Zakiya: Is like a permanent physical reminder. It's like walking to your house everyday and seeing the rib on the carpet. Every day the rib is on the carpet. Every day the rib is on the carpet. And you're like, "this was a major thing that happened." How grand -- you know?

Titi: Exactly and those things are true not just for like physical things that are you know erected in our communities. It's also true in pop culture.

Zakiya: Yes I think that's a very good point. Like so in the media what stories get told. What are the most recent ones that I think is providing some new information for folks.

Titi: It is "When They See Us". "When They See Us" has been the most watched series on Netflix in the U.S. every day since it premiered on May 31.

Zakiya: That's not that's a lot of people and that's really, that's moving the mark on that collective memory there.

Titi: The Central Park Five was something that people know about or kind of know about but we didn't really have as much detail as before. I feel like there are some people who didn't even know that they were exonerated and now with all this additional information this movie is now like a monument.

Zakiya: Yeah it shifts the collective memory about what happened to those young men.

Titi: And it also brings that memory to the forefront and kind of like sears it into our memory.

Zakiya: But that's so important right.

Titi: It is. It's important for our collective memory. And it's important to build that structure within pop culture.

Zakiya: And so that makes me think then if cues like that reinforce memory for us and make us remember things then does the absence of a cue like that make us forget things from our collective memory?

Titi: I think that's definitely possible. The things that are super important to a community it's important to have things, those cues, to bring it to the forefront of your mind. Yeah so put a little plaque next to that rib and say, "Here lies the rib that Titi never finished."

Zakiya: May it always remind us to lock the back door.

Titi: So over time as we have these memories in our brain they will start to fade right?

Dr. Loftus: One of the basic laws of memory is that it fades over time. So our personal memories for the things we individually have experienced or our collective memories for things that we have as a society or a population have experienced together. What's a little less obvious is that as our memories are fading they become more and more vulnerable to being contaminated. So I can contaminate a memory for something that happened a year ago a lot easier than I can contaminate a memory for something that happened an hour ago.

Zakiya: So the older a memory is the more likely it is that someone could make you misremember what happened.

Titi: OK. So I think that Z can become a better person.

Zakiya: What? A better person?

Titi: Not--OK. Wrong words. Not a better person but just better at remembering things.

Titi: It's critical to our friendship. When we turn 70 I want to be able to tell these stories.

Zakiya: I'm going to tell them.

Titi: But I want them to be accurate.

Zakiya: They will be. When we turn 70, man, none of this stuff going to be the same. People are gonna be like "You used to stand around and hold drinks in your hands and look at each other?" Yes. Dr. Loftus says that there's been research into ways to prevent your memories from being contaminated.

Dr. Loftus: One of the things psychologists have looked at in this memory contamination work is whether warning people that you might be exposed to some misleading information can help people reduce the impact of that misinformation. And we have found that if you give people a warning you know "watch out somebody might be trying to mess with your memory" people can use that warning. And to some extent fend off to some degree the invasion of new information into the mind.

Zakiya: But is a little tricky to employ this in the real world.

Dr. Loftus: The problem out there in the real world is we don't walk around with these warnings in the forefront of our consciousness.

Titi: And you know what else I'm thinking about?

Zakiya: What?

Titi: All this stuff that we have on our phones. Like all the pictures and the videos and Facebook and Twitter and all that stuff like that -- that is really going to play a major role as we get older in how we remember stuff. You remember from the "Edges Snatched" episode we were talking to Dr. Harris about self-image versus self-fact and we were asking folks how many selfies do you have on your phone?

Zakiya: Yeah. And he said something -- he dropped a gem. He was like, "Now more than ever, there's never been a time in history where we spent more time looking at ourselves."

Titi: Exactly.

Zakiya: Right. And so when you think about that those are lots of physical cues to remember.

Titi: Mm hmm.

Zakiya: I feel like back in the day it was easier for some folks to say like, "Oh when I was in college I was fly. I was this, this, and that." But when we look back at those pictures honey?!

Titi: Nope those eyebrows are razor-thin, girl. So you are not fly Titi.

Zakiya: We're building our collective memory now. It's everything that we're recording, everything that we're putting on social media, everything that's in the press. Those are gonna be our cues that we go back to later.

Titi: And before it was it was all put on the shoulders of historians to collect all this information, keep it together, preserve it and everything like that. Now? We are all historians.

Zakiya: We're our own historians which is the scary part because what I think is important for today might be really different from what somebody else thinks.

Titi: Right.

Zakiya: Right. That just goes, you know that's making me think about? Who's talking about Sudan on Instagram and who's not.

Titi: Exactly.

Zakiya: Something like that could be totally wiped from the collective memory just because it doesn't--.

Titi: Right. Because there's a media blackout in Sudan our news stations aren't covering it here. We're not hearing about it and basically we're relying on folks on Instagram that are Sudanese or have some type of connection to Sudan to give us the information or we wouldn't know.

Zakiya: That's wild. What if you lost your phone? What would that mean for your ability to remember what's happened in the past two years?

Titi: It would affect it a lot.

Zakiya: Yeah.

Titi: Because I mean even in our phones, if you have iPhone I don't know what Android phones are doing --.

Zakiya: Nothing. Nah, let me stop.

Titi: But like as soon as you go into your photos it'll be like "here's what you were doing five years ago. Here's what you were doing in September. Oh here's this slideshow of you and your sisters." I'm like, "aw, this is nice." And even how we get information, people don't think anymore.

Zakiya: Mm hmm.

Titi: As soon as someone asks a question they're like, "Oh." And they pull out their phone and they Google it and get the answer. And I feel like that contributes to us not being able to remember information as well. Because if you don't have to go through the thought process,

the scientific method in your head of having an idea and postulating and trying to get to a conclusion and then trying to get information to support whatever you're trying to do.

Zakiya: Information gathering then analysis of that information.

Titi: Yeah. Then how can you commit that to memory?

Zakiya: You're taking it for granted that when I need it it'll be here. This is disposable. How do we reinforce the memories and the things that we care about and we don't want to go to the wayside.

Titi: Right.

Zakiya: That's tradition.

Titi: That is tradition and that's a very good point because Juneteenth was yesterday.

Zakiya: Mm hmm. What did you do celebrate? What do you do to bring it to the forefront of your mind and to remember? Or not even just remember but to go back and actually get some accurate information about Juneteenth. Let's post a Juneteenth quiz.

Titi: See what you know about Juneteenth.

Zakiya: But don't read anything before you take the quiz.

Titi: They gonna cheat.

Zakiya: Don't cheat.

Titi: They're millennials and "Gen Z"ers. They are gonna Google.

Zakiya: You can do a pre-Google.

Titi: You can do a slight Google not a deep Google.

Zakiya: You can only look at the first two results. Yeah I think one of the main things is like when we think about Juneteenth right. There are not many monuments. And when we think about the Fourth of July I feel like I can tell you, July 4th 1776 but Juneteenth... What?

Titi: What year was it?

Zakiya: What year was it? And it's so interesting right because it's where do you get these in this information? You see the things about the Fourth of July everywhere. You see statues and monuments and you see all these things related to like the Civil War. But I think when you exclude certain events from the narrative they also don't get to become part of the collective memory. So somebody, we need some community historians and there are people that are doing this work you know. But we really want to shine a light on them so definitely check out our show notes for some more information about Juneteenth and some of the celebrations.

Titi: Yes. Post your Juneteenth outfits.

Zakiya: Yes. When did y'all wear? How did y'all celebrate? I celebrate every occasion by cooking.

Titi: And I celebrate every occasion by going to Z's house and eating.

Zakiya: For more on today's episode check out our cheat sheet and show notes at dopelabspodcast.com.

Titi: And remember the phone lines are always open. You can leave us a question or comment or text us. Our number is 202-567-7028.

Zakiya: You can find us on Twitter and Instagram @dopelabspodcast. Titi is on Twitter and Instagram @dr_tsho.

Titi: And you can find the Zakiya on Twitter and Instagram @zsaidso .

Zakiya: And if you do love the show don't forget to follow us on Spotify or wherever else you listen to your podcast. Special thanks to our guest expert Dr. Elizabeth Loftus. You can find more about her research in the show notes. Our producer is Jenny Radelet Mast. Mixing and sound design by Hannis Brown.

Titi: Original theme music by Taka Yasuzawa and Alex Segiura. Additional music by Elijah "LX" Harvey.

BOTH: Dope Labs is brought to you by 3M and is a production of Spotify Studios and MegaOhm Media group. And is executive produced by us Titi Shodiya and Zakiya Whatley.

Titi: Why are you looking at me like that?

Zakiya: I'm just saying, maybe you're thinking different about yourself.

Titi: Nope. I'm not. I'm not.

Zakiya: You don't want me to know you're a stone-cold killer but I know.

Titi: You see? Pow! Bam!