

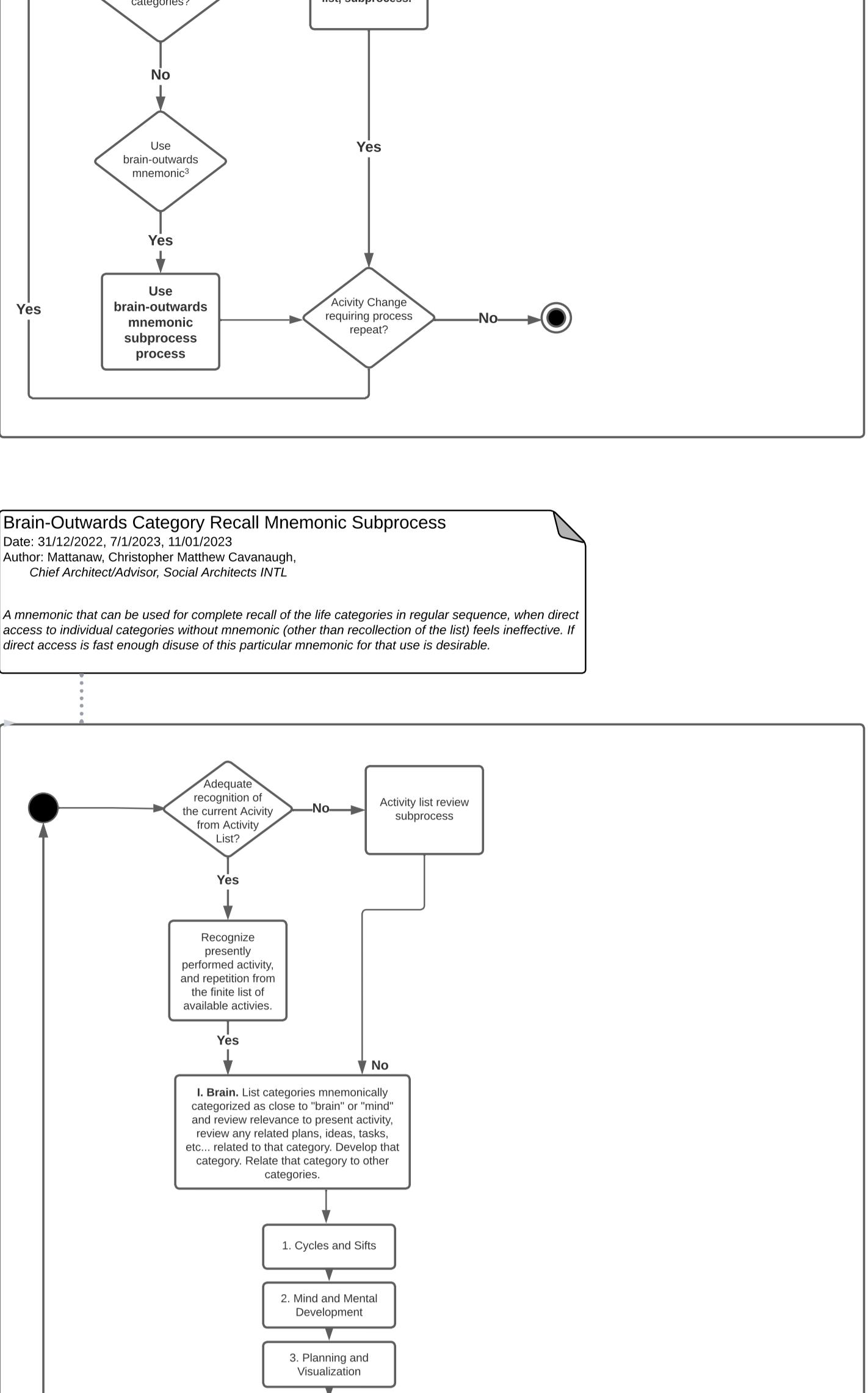
Attention Management Process, Main Process

Date: 31/12/2022, 7/1/2023, 11/01/2023

Author: Mattanaw, Christopher Matthew Cavanaugh,
Chief Architect/Advisor, Social Architects INTL

An attention management process for redirecting and maintaining thoughts on life-categories instrumental to rational intramental development and behavioral direction, productions, &c..

Related to developments on earlier articles: Higher Order Attention ("Imagination and Filtration"), and movement in the personal categories from reminders by reference to mnemonic reminders. This is the recording of an already used mnemonic device.

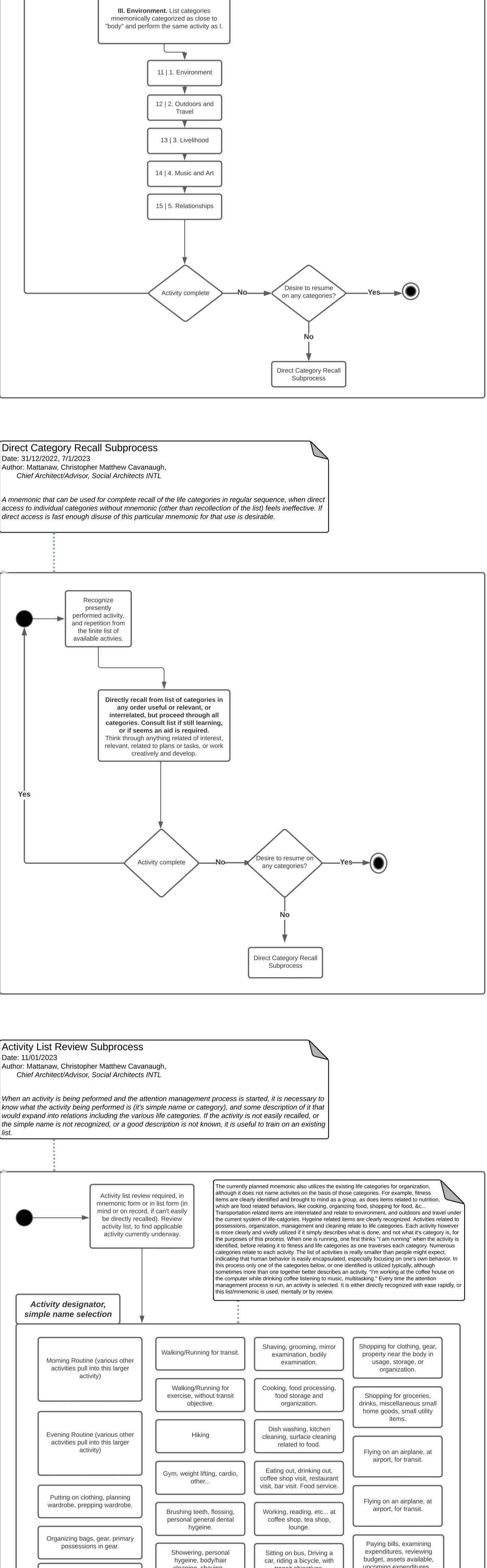


Brain-Outwards Category Recall Mnemonic Subprocess

Date: 31/12/2022, 7/1/2023, 11/01/2023

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A mnemonic that can be used for complete recall of the life categories in regular sequence, when direct access to individual categories without mnemonic (other than recollection of the list) feels ineffective. If direct access is fast enough disuse of this particular mnemonic for that use is desirable.

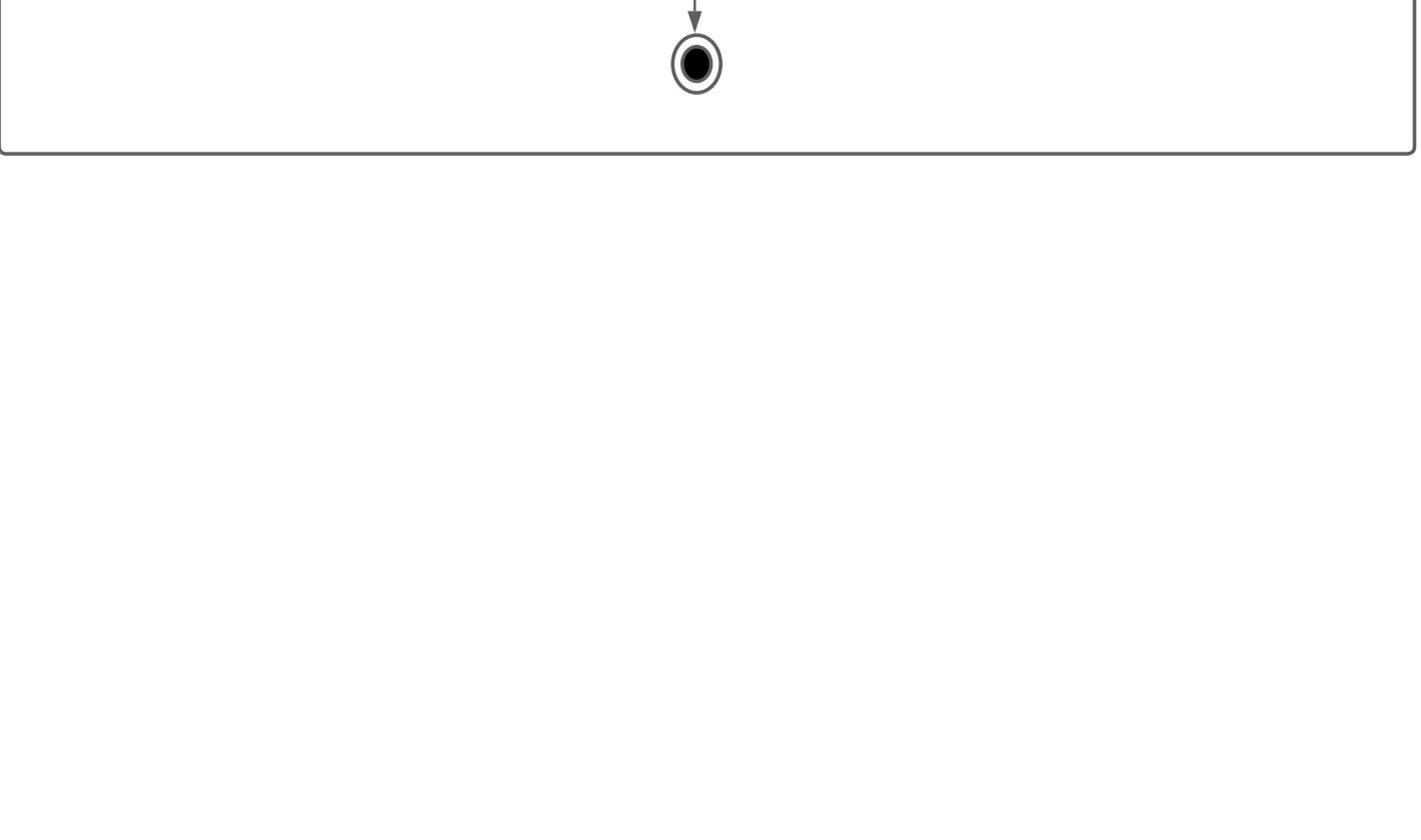


Direct Category Recall Subprocess

Date: 31/12/2022, 7/1/2023

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A mnemonic that can be used for complete recall of the life categories in regular sequence, when direct access to individual categories without mnemonic (other than recollection of the list) feels ineffective. If direct access is fast enough disuse of this particular mnemonic for that use is desirable.



Activity List Review Subprocess

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When an activity is being performed and the attention management process is started, it is necessary to know what the activity being performed is (it's simple name or category), and some description of it that would expand into relations including the various life categories. If the activity is not easily recalled, or the simple name is not recognized, a good description of it is useful to train on an existing list.

