

## Cut your Auto-Responder



Focus on something new and observe the rapid auto-completion, -classification, -relating, -judging and -responding. Stop the auto-response and enter the driver seat.

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Auto-Complete changes forms to 3D-Objects, sounds to music or words, movements to anticipated start and end. Auto-Classification gives meaning, makes it "make sense". Auto-Relation determines relevance and influence for yourself. Auto-Judgement primarily decided likes and dislikes. And finally, Auto-Response initiates a bodily or mental response. All that happens very fast, and you can usually not interfere, except for the bodily response, which sometimes can be stopped or changed before acting out. Mimic or bodily tension and minimal posture changes are very fast but serious bodily movements and speaking is usually slower and can be stopped or changed consciously. Praise yourself for every successful interference.

Nice Videos: [Impulse Control](#)