DISTRACTION MANAGER

TISA NEŽA HERLEC

How are you?   How is your posture?   Are you well hydrated?
            Do you have to go to the toilet?   Are you hungry?
   Is it time to stretch?   Are you distracted?

Imagine a device, that would ask such questions.

DISTRACTION MANAGER is a wearable "notification" generator, a stimulator for awareness, a trigger generator for a human being.

The user interacts with the device - by turning the knob they decide on how often on the scale/sequence from 5 to 60 minutes they they would like to hear the short high-pitched sound it produces.

Even more, the Distraction Manager (DM) **works only when it receives coequal activity from the user. The user has the responsibility to complete the function of the device, to fill in the missing commands of the protocol of sensibilization.**
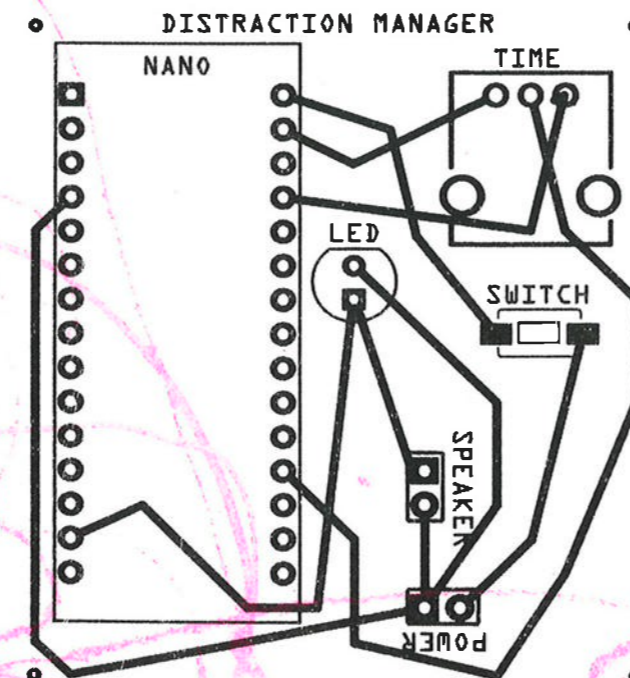
PROTOCOL

The Distraction Manager is switched ON by the user, the time sequence adjusted. >> The Distraction Manager produces the sound. >> The sound triggers the user. >> The user consciously activates their own set of questions. >> The user responds to these questions and makes adjustments that optimise their being. >> ...

The sound that the Distraction Manager **makes acts as a productive disturbance, triggering the user to pursue with their own questions.**
It exists to sensibilize its user, to induce the development of good habits and taking care of oneself, to enhance focus, to reveal inner states and to manage distraction.

DISCLAIMER

This method of reprogramming our subconscious mind requires a firm decision and strong motivation within the human using this device.
It only works when and if the user is successfully triggered to complete their steps in the protocol, asking and answering their own set of questions.
If the user fails to internalize the protocol, ignoring the sound, failing to reach a symbiotic union with the device, the DM **is deemed to be completely dysfunctional and futile.**

The interaction between a human and this device can be a productive and an inclusive relation.
(Of course, looking from the antropocentric human perspective, the device can't really feel it, can it?)

Humans (in all instances) are the ones that give devices their life and their meaning, whereas this device challenges its user to reform their own behaviour - at an expense of the human no longer being blinded by other devices and the countless possibilities of use that they possess and distraction that they compell us with.
(What a traitor it is, this device!)

DM **is simple, its physical interface is minimal and its purpose is as complex as the user wants it to be. We can consider the** DM **as a highly inclusive interface, as its user is in charge of the great majority of the devices' functions. The interfacing does not take place in the material world, nor in between the lines of code, nor the rumble of wires. It happens in the mind of its user, discretely and without the need for the knowledge of translation between the language of the human and the language of the device/system.**

Each interaction between this device and its user is specific to the needs of the user. You get triggered and you are the one asking the questions.

A device to interface with yourself.

The Distraction Manager **is meant to be used as a training-tool that develops the users' internal methodologies for awareness. It highlights the possibility to re-program, to rewire our subconsciousness by enhancing the users' reflexes produces by a response to the** DM **stimuli. It is only necessary to use this pragmatic device until the questions posed do not anchor into the subconscious mind, the trigger becomes automatic, the pull towards awareness instinctive, the protocol internalized. This is only reachable by repetition that eventually reinforces the habit and embeds the changed behaviour.**

Then - the device is not needed anymore. It has served its purpose.

Normally, the goal of creating an interface would be to make it as user-friendly as possible, achieving the desired output with minimal input from the user. This is not the case with the DM. **The users' input is far from minimal. In fact: as much input as the human gives, as well the device functions! Ranging from complete uselesness to accurate relevancy.**

The inspiration for the way that the DM **is put together derives from the observation and usage of contemporary interfaces – black boxes that conceal their internal workings, seducing the user that remains ignorant to the intrinsic networks and protocols that these devices use.**

Induced ignorance masked in a sleek design.

DISTRACTION MANAGER

NANO

TIME

LED

SWITCH

SPEAKER

POWER

PARTS
1x Arduino Nano
1x 10 OHM potentiometer
1x led light
1x speaker
2x female header with 15 pins
2x male header with 15 pins
1x switch
1x power adapter
1x 9V battery

For additional questions write to:
tisa.neza.herlec@gmail.com

WHAT ARE YOUR QUESTIONS?