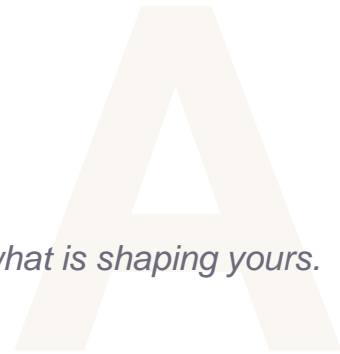


## LAYER FOUR PROTOCOL

# The Attention Audit

*Where attention goes, identity follows. This audit maps what is shaping yours.*



## The Identity-Attention Link

People think they are choosing what they consume. Most of the time, algorithms are choosing what emotionally captures them. A person consuming fear becomes more fearful. A person consuming comparison becomes more insecure. Not weakness — mechanics.

Fragmented attention creates fragmented identity. Because identity requires continuity. Reflection. Stillness. Modern life destroys all three.

This audit is not about screen time. It is about attention quality. What you attend to is what you become. The question is not 'How much?' but 'What kind?'

### THE CORE INSIGHT

**Attention is not passive. It is the mechanism by which your brain constructs reality.**

Every input trains a prediction. Every prediction shapes perception. Every perception becomes belief. The Attention Audit interrupts this chain by making the invisible visible.

## THE MECHANICS

# How Attention Shapes the Self

## The Three Attention Destroyers

### FRAGMENTATION

Switching costs are real. Every notification, tab switch, or interruption requires cognitive reorientation. Studies show it takes 23 minutes to fully return to deep focus after an interruption. Do this 20 times a day and you have lost 7+ hours of cognitive capacity — not to distraction, but to recovery.

### ALGORITHMIC CAPTURE

Your feed is not a window. It is a trap designed by engineers paid to maximize engagement, not wellbeing. The content that triggers strongest emotional response gets promoted. Fear, outrage, and comparison outperform calm every time. Your attention is the product being sold.

### PASSIVE CONSUMPTION

When attention is given without intention, the default mode network takes over. This is the brain's rumination circuit — where anxiety lives, where past failures replay, where future catastrophes are simulated. Active attention (reading, creating, conversing) suppresses this circuit. Passive attention (scrolling, watching, waiting) activates it.

## THE AUDIT

# Part 1: Mapping Your Inputs

## 1 The First Hour

*What is the first content you consume each day? Be specific. App, person, or platform.*

Example: 'Instagram Reels within 3 minutes of waking, before getting out of bed.'

## 2 The Last Hour

*What is the last content you consume before sleep? How does it leave you feeling?*

Example: 'Twitter/ X threads about politics. I feel agitated but unable to stop scrolling.'

## 3 The Transition Moments

*What do you reach for when moving between tasks? Walking between rooms? Waiting in line?*

Example: 'Phone, always. Even for 30-second waits. I feel restless without it.'

## THE AUDIT

# Part 2: Emotional Impact Assessment

## 4 The Comparison Index

*After consuming content, how often do you feel: behind, inadequate, or envious? Rate 1-10.*

## 5 The Fear Index

*How much of your daily content consumption is about threats, dangers, or things to worry about?*

## 6 The Stillness Test

*When was the last time you sat for 10 minutes with no input — no phone, no music, no conversation?*

### THE PATTERN RECOGNITION

If your comparison index is above 5, your attention diet is training insecurity.

If your fear index dominates, your nervous system is in chronic threat-detection mode.

If you cannot remember the last stillness, your identity is being written by other people's algorithms.

## REDESIGN

# Reclaiming Your Attention Architecture

## The Three Principles of Intentional Attention

### CURATE BEFORE CONSUME

Do not open apps without knowing what you are looking for. Set an intention before unlocking your phone. 'I am checking email for client responses' is different from 'I am checking my phone.' The former has a stopping condition. The latter does not.

### CREATE BEFORE CONSUME

For every 30 minutes of consumption, spend 10 minutes creating. Write, draw, cook, build, garden. Creation requires integration — the opposite of fragmentation. It forces attention to stabilize.

### STILLNESS AS PRACTICE

Schedule 10 minutes of no-input time daily. Not meditation with an app. Not a podcast walk. Just you, your body, and your thoughts. This is where identity repairs itself. This is where you remember who you are without the feed.

## The 7-Day Attention Reset

- Day 1-2** Track every input for 48 hours. No judgment. Just observation.
- Day 3-4** Remove one high-cost input (the app that scores highest on comparison/fear).
- Day 5-6** Add one creation practice. 10 minutes minimum. No output requirement.
- Day 7** Schedule 10 minutes of pure stillness. No phone within arm's reach.

## QUICK REFERENCE

# The Attention Audit at a Glance

## THE 6-QUESTION AUDIT

Use this card weekly to assess your attention quality.

### 1. FIRST HOUR

What is the first content you consume?

### 2. LAST HOUR

What is the last content before sleep?

### 3. TRANSITIONS

What do you reach for between tasks?

### 4. COMPARISON

Rate post-consumption inadequacy 1-10.

### 5. FEAR

How much content is threat-focused?

### 6. STILLNESS

When was your last 10-min no-input period?

## The Reset: Curate → Create → Stillness

Best used: Weekly review, Sunday evening, or when feeling scattered.

## THE PRINCIPLE

**Attention can be redirected intentionally.**

But only if you first see where it is going.

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The B.E.H.A.V.I.O.R. Method | Layer Four: Attention Architecture