

**T&T Script:**

**Context**

A memory is an ecosystem  
with thousands of pieces  
of sensual & contextual information,  
Metaphoric relationships  
to ideas, feelings, processes  
and outcomes  
then/at that time  
Reinforced by judgments  
and Evolved by projections  
of different perceptual positions

Memory represents:  
whatever picture, sound,  
thought, emotion, feeling,  
touch, smell, and taste  
reacted in the body  
to the who, what, when,  
where, and how  
that creates the why  
I recycle all over again

**WHO** is me  
including how I represent  
"Them" inside of me

**WHAT** is my resources,  
My Core Human Powers,  
My Core Human Needs  
My Energy - my emotions, sensations, skills  
my accumulated knowings.  
Less or more accumulated knowings  
allow me to introduce  
new resources outside of time.

**WHERE** is Place  
Where was I when that happened?

**WHEN** is Time

My age, the date and time THEN  
the difference in who and how I became me to date

**HOW** is understanding

Conception of the Problem,  
Knowing of the Problem,  
Resolution of the Problem

*Grab your wrist.*

*Take a deep breath in for a count of 4.*

*Exhale for a count of 4.*

*And Release your wrist.*