**BMM-STP targets & structure**

**AIM:** Creating an AFACT equivalent based on BMM+STP

**Task:** label valence of STP stimuli + press on buttons:

* when breathing \ **or** \
* label body sensations you feel and try to disengage from STP stimuli \ **or** \
* every three seconds

**Missions - Tomer:**

1. **Get MAT code**
2. **Get BMM instructions**
3. **Write new instructions**
4. **Adapt code to new instructions**
5. **Approve with Amit**

**Two sessions**

* **Session1 - Baseline:**
  + BMM + neutral thoughts (baseline STP – returning to breathing concentration)
  + BMM + negative (measuring baseline of bias)
* **Session 2 - Training:**
  + BMM – neutral/negative combined + Feedback(based on session 1 data)
  + BMM – neutral/negative combined (No-Feedback) – measuring degree of bias
* **AFCAT WILL HAVE AS WELL HAS TWO SESSIONS**

**Instructions:**

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**Code:**

* Get it from Yuval (of MAT)
* What is a time average of **mindlessness**
* Or, write my own code