Aims

* 1. For each aim why it is important (what are the hypotheses underlying this statement)

1. Bullet points
2. The critical gaps limitation – what is missing in the literature that
   1. wasn’t asked
   2. doesn’t have answer
   3. has answer but the answers have problems
   4. have answers but only a few.

What are my targets and what are the target to the audience?

* I want others to understand why I’m doing what I’m doing
* We know -a b c , we tried d, lets test e
* I want to talk a lot about the design
  + Amount order?
  + Number of trials?
  + BMM – ideas?

My project

Put power point on the side – and write a week.

1. What we don’t now on awareness AND control
2. Internal MAB + Iftach underreview, Afact-last paper, iftach model (liad first author + mab)
   1. Omer send me the most updated
   2. Amit sending me it

* Experimentally manipulating meta-awareness in order to test if its malleable and
* Does incrementing it have impact on attentional control (disengaging internal attention – like from negative thoughts and re-engaging)
* And We don’t have internal AFACT and BMM
* What is my question:
* My addition over former work –
* Mindfulness – is doing the exact same thing.
  + Internal attention dis-control
  + Dichotic – internal-internal – a task that is a generalization to the trained.
  + To this is the next incremental stem – in understanding the mechanism in an experimental manipulation (my three groups)
  + Translational implication to experimental therapeutic – augmented large-scale intervention in a focused experimental training.