

M-ZRT Brief Exemple

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Brief Research Note

The purpose is not to calm the mind, but to remove what blocks intensity.

With Unreal Tournament or Quake, no HUD or ignore it:

While playing, meaning while actively moving your character,

Imagine a picture, and only notice when it fades.

then

Do an ugly shoulder movement: not a dance, but a disordered, non-rhythmic move.

At that point, drink a sip of coffee, and the task ends. Not more than 1 try per day.

Switch to a music (after the task, optional):

Start a track, then stop it as soon as it begins to feel slightly good. No need to be sure. Sometimes you cut very early, sometimes a bit after.

Switch to another track for no identifiable reason.

Switch to another track without evaluating the previous one.

Listen while keeping the feeling “almost good”, without trying to push it further.

Don't spam any exercises as repetition may decrease odds of access.

Optional: Other Exercises in-Game, to replace the picture one

The question without an answer

Ask a question without answering it. The question can be absurd or incomplete, like “what if?”, “are we going to?”, “why the?”

Peripheral enemy

You see an enemy, don't treat it as a target, let a small detail (color, animation) become salient instead.

Ground texture

Briefly look at the ground while moving, let one texture detail take over, then move on.

Weapon as object

Ignore its function, notice a small visual detail (shape, sway) as if it were just a decorative object.

Amplified micro-movement

Make a tiny movement (small strafe or slight rotation) and let that movement become the main event.

Ignore the HUD

If HUD is on, mentally drop it, let a random visual element replace its importance.

Slight wrong trajectory

Take a slightly “incorrect” path and let an unexpected detail appear (angle, shadow, opening).

Enemy as background

For a brief moment, treat another player as part of the environment, not as a target.

Perceptual freeze

While moving, let one element feel “frozen” in your perception, even as everything else moves.

Background focus

Ignore the main action, let the background become more important than the gameplay.

Visual overlap

Notice when two elements overlap (player + wall, light + effect) and let that overlap become salient.

Expression mismatch

Look at a player or object and briefly treat its state as “wrong” (too fast, too still, slightly off), let that mismatch become salient.

Timing distortion

Let a small event (movement, sound) feel either too early or too late, without correcting it.

Background becomes event

Something minor in the background suddenly takes the role of the main event, like a bad edit in a clip.

Sound-image desync

Hear a sound and loosely associate it with the wrong visual element, let that mismatch sit for a second.

Object identity drift

Look at an object and let its “category” feel unstable (weapon, decoration, something else), without resolving it.

Micro-surprise without cause

Treat a completely normal event as if it were unexpected, let the surprise attach to something trivial.

Delayed recognition

See something obvious but let recognition lag artificially, so the detail exists before it’s “understood”.

Motion inconsistency

While moving, let one element feel like it follows a slightly different physics than the rest.

Useless emphasis

Something irrelevant (light flicker, shadow, texture) gets full emphasis, like an editor made a mistake.

False transition

Feel like the scene is about to change (as in a clip), but it doesn't, hold that suspended transition briefly.

Optional: Low-Instrumental Micro-Exercises

Low-instrumental micro-exercises are brief, non-goal-directed interventions designed to disrupt evaluative monitoring and prevent the stabilization of instrumental cognitive regimes. Rather than inducing positive affect directly, these exercises operate by transiently reducing evaluative load and destabilizing predictive and narrative continuity. This annexe proposes a functional taxonomy of such exercises based on their underlying mechanisms, including optimization disruption, non-resolution, passive extinction, attentional fragmentation, weak re-labeling, arbitrary prioritization, non-utilitarian precision, objectless affect induction, and micro-behavioral anomaly. Each category selectively interferes with distinct components of evaluative load, thereby increasing the probability of accessing permissive affective regimes without triggering monitoring.

Main Typology

Type	Core Mechanism	Example	Effect on Z
Optimization Disruption	Interrupts improvement and selection loops	Closing a video when it becomes enjoyable	↓ Z_ctx, prevents evaluative reinforcement
Non-Resolution (Suspension)	Maintains open cognitive tension without closure	Asking a question without answering	Blocks predictive completion, delays monitoring
Passive Extinction	Allows representations to fade without maintenance	Letting a mental image disappear	↓ Z_acc, reduces active control loops
Fragmentation / Discontinuity	Breaks temporal and narrative coherence	Jumping between random book pages	Destabilizes Z_shift, weakens narrative continuity
Weak Re-Labeling	Alters perceptual categorization without goal	Labeling something	Shifts salience without triggering evaluation

		“almost interesting”	
Arbitrary Prioritization	Assigns importance without justification	Selecting one sound as central	Decouples attention from utility-driven hierarchy
Non-Utilitarian Precision	Engages precision without functional goal	Aligning an object perfectly for no reason	Separates accuracy from optimization processes
Objectless Affect Induction	Generates affect without external referent	Feeling recognition without a target	Breaks causal binding between stimulus and affect
Micro-Behavioral Anomaly	Introduces small unpredictable deviations	Stopping abruptly while walking	Disrupts motor predictability, weakens automatic scripts

Conceptual Summary

Across categories, these exercises share a common property: they introduce localized violations of instrumental coherence without escalating into explicit meta-cognitive control. Their effectiveness does not derive from their content, but from their capacity to prevent evaluation from stabilizing. Importantly, when these actions are reframed as techniques, repeated systematically, or evaluated for effectiveness, their functional properties collapse, as evaluative monitoring is reinstated.

The operational distinction is not between different exercises, but between two regimes:

- **Performing the exercise** → transient reduction of evaluative load
- **Thinking about the exercise** → immediate reinstatement of evaluation

Optimization Disruption

- Start a video, close it the moment it becomes enjoyable
- Pick a suboptimal YouTube video without correcting the choice

Non-Resolution (Suspension)

- Ask a question internally and do not answer it
- Think “what was I about to do?” and leave it unresolved
- Generate a vague expectation like “something is about to happen”
- Begin forming a sentence internally and abandon it mid-way

Passive Extinction

- Visualize a simple object and let it fade without refreshing it
- Notice a sound and let it disappear from attention naturally
- Hold a thought and allow it to dissolve without returning to it

Fragmentation / Discontinuity

- Open a book, read one paragraph, jump to another random page
- Walk, stop suddenly, then resume without explanation
- Watch a video while randomly skipping forward and backward
- Start an activity, interrupt it quickly, and switch to another

Weak Re-Labeling

- Look at something and think “almost interesting”

Arbitrary Prioritization (Salience)

- Pick one sound in the environment and treat it as central
- Focus on a background detail as if it were the main event
- Assign importance to something without looking directly at it
- Treat a minor visual element as the “core” of the scene

Non-Utilitarian Precision

- Place items symmetrically without needing the result

Objectless Affect Induction

- Generate a feeling of recognition without a person

9. Micro-Behavioral Anomaly

- Stop walking abruptly for no reason
- Change direction slightly while moving without cause
- Alter your rhythm briefly, then return to normal
- Perform a small unexpected gesture, then drop it

Condensed view

Each category targets a different failure mode of evaluation:

- Break optimization
- Prevent resolution
- Stop maintenance
- Disrupt continuity
- Shift labels
- Reassign importance
- Decouple precision
- Remove object–affect link
- Inject unpredictability