

Curious Markings Vol. IV



**Essential
Paperback
Notebook**

Carnet Ligné à
Couverture Souple

- Charcoal grey cover
- 5½" x 8"
- 48 lined pages
- 120 gsm paper



0 74455 00237 7

MADE IN CHINA

Property of Ian McKenzie

Reward if found.

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"
Z' The game.

May 9, 2018

It's really not all that interesting.
It's boring and the limitation for
placing markings is way too restricted.
Most importantly, it's not available on
Android. Do I code in native java or
kotlin? Do I use React Native? Does
it matter? Just Start Fucking coding!

Re: Boringness

How can I make things more interesting
and how can it be easily implemented?

Thoughts:

- Give Option for "home" marking
 - > The more people with marking as home,
the faster you level up
 - ◻ actually, the ones with the least,
too - with a bonus than highest
 - > The more at your location as home,
the faster you level up
 - ◻ same caveat as marking; least
amt of people, etc.
- Add a leveling system
- Add achievement system
- more on next page

- More about leveling system:
 - The higher your level, the faster you translate your home marking
 - The higher your level, the easier it is to defeat shadow people
- Shadow people:
 - Appear in camera mode
 - Use "Light" to defeat (No xp)
 - Use closest marking (xp awarded)
 - "Ignore"
 - > Lose xp
 - > Voices get louder
 - > Translation & xp bonus when collecting a new marking

Re: Coding Android

Maybe I can get Dominic Yarnise interested in doing it? Give him 100% of profits for the first... No idea, ~~25,000~~^{10,000} sales? Am I ever going to get that big? Then, perhaps a royalty after that? 25% of profits from android ~~to~~ if he actively updates it, 10% if he doesn't.

Tangent

May 10, 2018

As Rob traverses his "cosmic consciousness," he told me I had 1008 talents. Apparently, it was an off-the-cuff number related to being a holy number in Hinduism. For fun, I thought I'd attempt to identify those talents. This may be an ongoing process.

[1.] Getting along w/ people [2.] Graphic Design
[3.] Software development [4.] Not writing ego fueling lists.

DONE! zez

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May 15, 2018

There is something about looking at a website that feels so restricted. Like everything was put there with a goal in mind, but that goal is never reached because of how we presently understand how web layout works. Columns, rows, responsive layout... It can be limiting to make design choices that work for a screen as small as 2 inches wide, to a screen that's 27" inches wide or larger.

And, of course, now that I've identified a problem, I think about how it can be solved. My immediate solution is to do what is already done - design layouts that create completely different experiences depending on the device.

This makes sense to do in a lot of cases. Depending on the device, the user may have a completely different

Trapped in a box.

May 15, 2018

intention for visiting a site on their mobile device vs. say, a tablet.

This gets me thinking about how I can more effectively utilize space (or lack thereof) depending on the device, rather than the standard one-size-fits-all collapsible grid layout.

Sure, CSS frameworks like Bootstrap amps up developer velocity like crazy, but when someone like me (I.e. a lazy fuck ~~that~~ that is both the designer and developer) is designing the layout, an optimized experience seems to get lost.

At the same time, a different experience for each layout seems like a flawed approach to a problem that goes deeper than that. That being said, I haven't identified the root of the problem; and until that happens, coming up with a solution doesn't seem likely.

May 15, 2018

Breaking Out of the Box

I think I may have identified the systemic problem with websites that I think larger companies have identified and are already solving. Websites are a place to gather information. Websites are on computers. We often think of computers as "smart" in the same way that we think humans are smart. However, computers are not humans. So when we interact with the computer expecting a human response, and instead get a computer response, we are left feeling uncomfortable and like our needs are not being met.

Apple has a set of design guidelines called 'Human Interface Guidelines.' They understand that a human is using a computer and attempt to make that computer as human-friendly as possible. Siri is a powerful extension of that philosophy. You talk to the computer and she responds - with a voice.

X Human Interface

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May 15, 2018

What if ~~the~~ the Curious Markings landing page had an interface that spoke to you? What if instead of forcing the user to do a bunch of computer-y things, make them feel as though they are talking to me.

I think to start, I'll build a prototype of this in a 'safe space,' i.e. my personal site, ians.studio. In the context of this site, questions should be suggested based on what I want communicated. Some examples:

- Who are you?
- Tell me about psychosis
- How long have you been dealing w/ schizophrenia?
- What are some examples of your work?
- What are some apps you've made?
- What have you learned lately?
- What do you do?
- Are you seeking work?

The questions will be pre-populated. If the user wants to ask their own, the queries will be filtered for keywords. With custom queries, it should be evident that the computer may not understand the query. A disclaimer should be pre-pended to the response.

"Hi, I'm Ian's computer brain. I'll be having a conversation with you. If my voice is causing a disturbance, mute me and I'll chat with you via text."

INTRO ↑

INTRO Pt. 2:

"I'm a software developer with a passion for graphic design and user experience."

My goal here is for you to learn more about who I am, what I do, and what's important to me. If all those things vibe with you, please feel free to contact me and chat with my human brain."

BEGIN INTERACTION:

So, what would you like to know about me? I've presented a few suggested questions if you can't think of anything yourself.

BEGIN USER QUERIES.

Cumberland
Village

May 19, 2018

9 11

Market Day

Item	Marking	App	WP	CC	D	2
Sketchbook	Growth	N	Y	N	40F	ut
P Paper \$15	"You are light"	N	Y	N	50F	ed.
Print	Growth	N	N	N	20F/40F	book
P Paper \$15	"Language lies"	Y	Y	N	40F	
Sketchbook	SELF-REFLECTION	N	N	N	40F	king
Sketchbook	Silence	N	N	N	35M	

Totals AFTER-THOUGHTS May 30, 2018

3	Sketchbooks	\$60
2	"word form"	\$30
1	print	\$15
		<u>\$105</u>

Primary Demographic

40ish female, caucasian, does yoga/reiki or knows about them

In every way I've shaped curious markings, I've designed it to interest men. But, because of how counter-cultural these ideas are for a typical man, my project is becoming successful with an audience that I already knew it would be successful with. This leaves me with a question of what direction I take. Do I make this more appealing to make money, or do I make further attempts to appeal to men?



Design Thinkers

May 30, 2018

After checking out the booths at the DT conference, my desire to go all-out on a print project has been re-ignited. I would love to create a brochure, book, or some other document that is a comprehensive sensory experience that includes touch, smell, and as always, striking visuals. Another thought is to include some way of designing the sound as well. Other considerations should be the weight of the document, how the pages stick together, and how all of these elements enhance each other. Another consideration is how all of this is packaged up. More to the point, what will this document be? It can't be something that is created on a whim. It needs to serve Curious Markings in a very specific and intentional way.

A few days ago I was telling a ~~friend~~ friend that for a long time I've wanted to find a way to make good-natured generosity spread like a virus in a way that would up-end so many systems and establishments we have in place. I call it an "apocalypse for selfishness." I want to be the bringer of end times.

Who I am Today

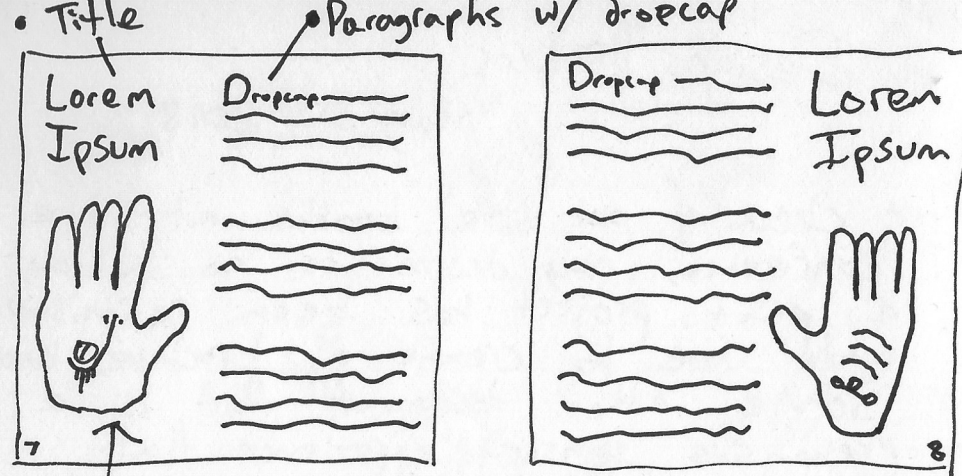
May 31, 2018

What if this document was an ^{semi}abstract description of my life that led to the eventual story of my life today?

Topics could include:

- The exposure of elements to palms
- In another universe, the person you hate most would die for you.
- Creating a sensory experience from your moral and ethical compass
- Speaking to all living things the same way (humans, animals, etc.)
- Unbiased introspection leads to ~~an~~ exponential inner-growth and peace
- Speaking less and listening more leads to expanded knowledge and affection from those you listen to.
- Contradicting criticism is a waste of time.
- Perpetuate the exit signs
- Take control of your own health
- Question the authorities in your life
- Your past actions do not dictate who you are today (regardless of how many people remind you of them)
- Create truth, find truth, utilize truth.

Do these apply? Empower, create, document, share.

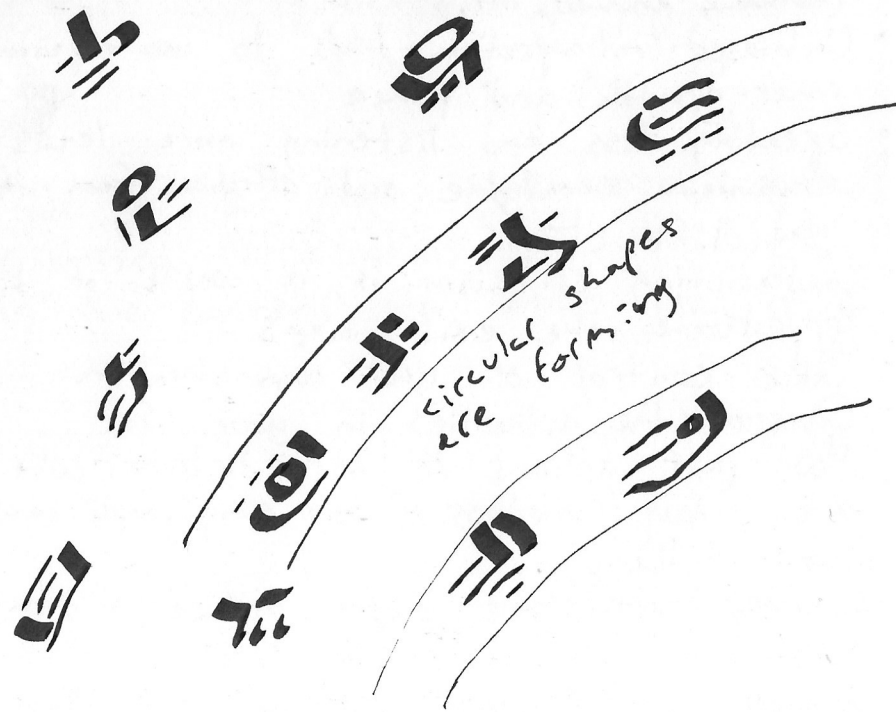


- De-bossed handshape for the reader to put hand on while reading.
- Each page describes reality as I perceive it and how I shape my behavior in reaction to that perception.
- One side of a page is embossed, another is de-bossed. Considerations should include pairing the content to which one it is.

Taking it a step further...
May 31, 2018

What if there were several pages that were left blank for the reader to fill in? A place for them to reflect on their lives and to identify what ~~the~~ led them to enhance their lives?

They would be encouraged to post it on social media with a specific tag where these posts would be collected and published on curiousmarkings.com.



What am I providing
of value? June 1, 2018

A Friend of mine told me last night something I had begun concluding in the previous entry that I haven't been fully embracing my story with the markings. how they have helped me, and how they can help others.

So, what is the value, and how can I share that value with others?

It starts with a horrific illness that transforms reality and debilitates normal functioning. The disturbances in reality can be terrifying ordeals. But, sometimes, they make me laugh, give me hope, make me feel better. It's as if a demon is injecting the worst of human experiences in my everyday life, imprisoning me in a world of fear, sorrow, and uncertainty. But, I have someone on the outside - smuggling glimmers of hope and easing the anguish.

This entity, as it later turned out, is what helped me escape this prison. It showed me a way out of imprisonment, and it's guiding me to a place some would call heaven. ~~This~~ This heaven, however, is not a place you have to die to get to.

~~The~~ The story continued...

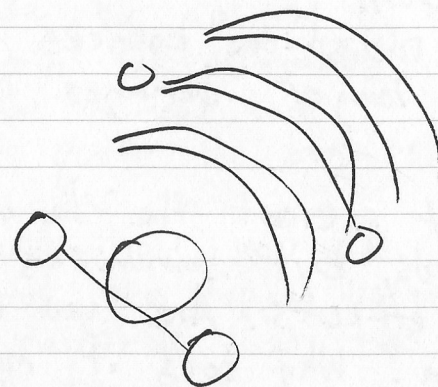
This heavenly place isn't even somewhere you get to, it's a place you transform your world into. In a lot of ways, I haven't actually escaped the prison - I have transformed it into a place that I can not only survive, but thrive and be happy in.

I have turned my own personal hell into nirvana - a place dominated by joy, contentment, and peace, despite that place being filled with anger, paranoia, torture, suffering, conflict, and unrest.

I have found that when your life is filled with endless trials of this suffering, conflict, and unrest, developing tools to create joy, contentment, and peace can make your life a good life. These tools do not remove your ~~problems~~ problems, but ~~they~~ they dull the pains created by your suffering, conflict, and unrest.

Where the markings come in

June 1, 2018



What if this marking could protect you from harm?

I argue that it can. It cannot necessarily protect you from death if, for example, you were struck by a train. It could, however, protect you from the trials you would face from the aftermath of being struck by a train, should you survive.

Let's talk about a real life example. Imagine a stranger on the street passing by says, "Wow, you're ugly!" They start laughing as they walk away. All of a sudden, these words and laughter become nuclear radiation, piercing your body and making your soul sick. However, you know

about this marking; protection. You put this marking to your palm and imprint the marking to the forefront of your thoughts. Suddenly, your body is coated in lead. The radiation bounces off your body and no longer damages your soul.

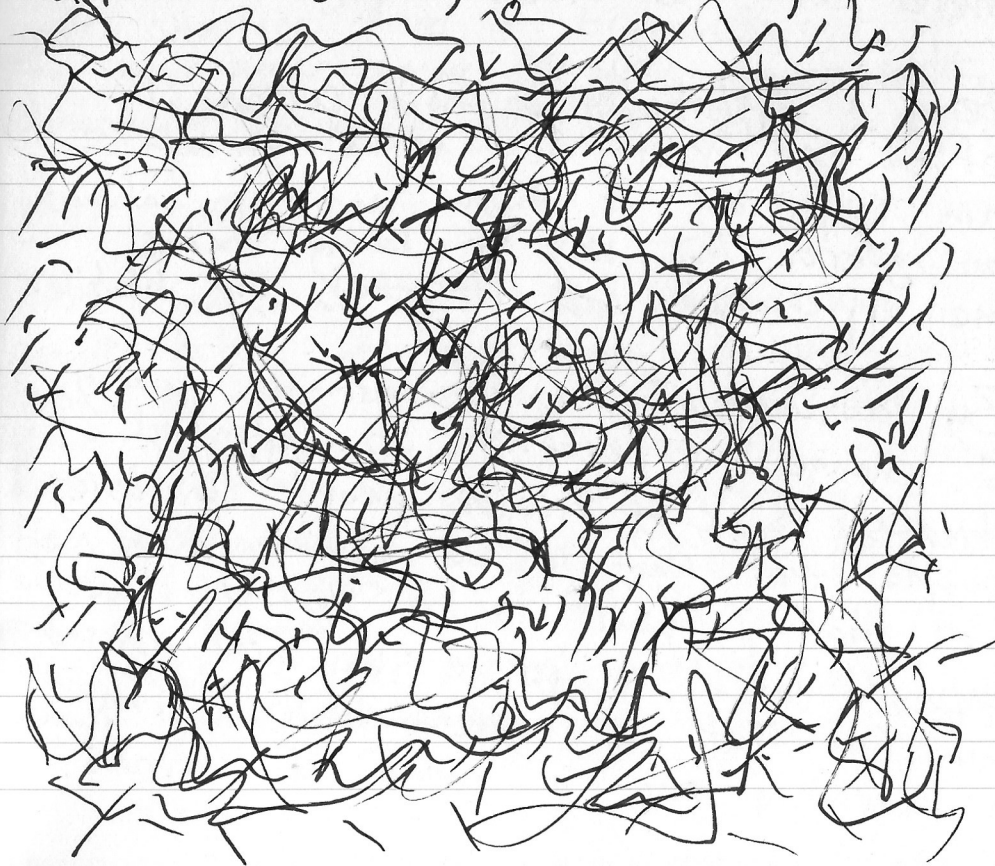
Protection doesn't prevent the damage done from those words, but immunizes you from their lingering effects. Are you actually an ugly person? Why does it matter? If being ugly makes you feel bad, it is creating discontent in your existence. By protecting yourself from these subjective standards, you transform an unpleasant aspect of your life to something completely inconsequential. It would be as if you were an olympic gold medalist in sprinting, and someone telling you that you run too slow. Their words are so absurd, it's comical. All of a sudden, instead of feeling bad by being called ugly, you're laughing at an amusing joke.

To Do

June 1, 2013

- Get quote for coins
- Order coins (if affordable)
- Design new business card
- ~~Get~~ Get quote for business cards
- Order business cards
- Write about how you use each marking
- Write about the topics listed on p. 13
- Develop a narrative that ties the above ~~two~~ points together

Experiment: Drawing Hurricane - Right Back



How I use Brotherhood

June 1, 2018

When ~~you~~ I think of the word 'Brotherhood', I think of a non-sexual, deep and caring love between two people. While the word itself implies a bond between men, women are absolutely participants in brotherhood.

The love is certainly masculine in nature. It's a sort of competitiveness, but never at the others' expense.

Being a psychotically paranoid person, I often see most men as a threat. I am suspicious of them and am always on guard. This way of being makes me apprehensive, ~~but~~ distracted, and volatile.

By focusing on the Brotherhood marking, I change my perception of potential threats as close friends, people I love; people that want to be better than me, and that I want to be better than them, a dance we pursue in good-natured fun, fun that is given closure with a bear hug and a round of drinks.

How to use a coin

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June 1, 2018

When focusing on a marking, hold the coin in your hand, the marking on the coin facing your palm. Bring your attention to the touch of the coin on your skin. That touch is a vibration of molecules of the coin and your skin. Imagine that vibration traveling into your hand, through your wrist, up your forearm, then to your elbow. Continue it ~~all~~ through your upper arm, and to your shoulder. As it reaches your shoulder, feel it branch ~~out~~ up to your neck, across ~~the~~ your chest, ~~down~~ diagonally toward your gut. From those places, continue the vibration to the rest of your body.

This sensation ~~is~~ is a physical manifestation of your thoughts and your focus on the marking. It helps hone your intentions with using the marking and brings you closer to transforming the imprisonment of your reality to your own personal heaven.

~~~~~ Prologue:

How this applies to the marking, and what you're trying to do.



## How I use Judgment

June 2, 2018

Judgment can be received by others, but it can also be cast ~~on~~ <sup>by</sup> ourselves and make us feel as though we are children being scolded by a parent or other authority.

This can create a great disturbance to us particularly in cases where we are being judged for acting in a way that suits our own needs (or someone we care for). This weighing on our consciousness can grow to compell us to act against our own self interests leading to an overall discontent with our lives.

By utilizing the Judgment marking, I can, for example, dance like a lunatic on the dance floor without feeling like I'm doing something wrong or being a nuisance. We all dance differently, and my way of dancing is odd, ~~and~~ <sup>but</sup> utilizing Judgment puts me at peace with that, and frees me from self-ridicule and self-imposed restraint.

## ~~Palms Exposed~~ How I use Silence

23

~~June 2, 2018~~ June 3, 2018

I find when I am in a quiet space, whether it be a silent room ~~or~~ a field at night, that stillness can bring noise inside - thoughts run rampant.

As a schizophrenic person, this becomes the height of my paranoia and delusions. ~~It creates disturbance~~ It brings disturbance to a place that is supposed to be peaceful.

By focusing on the silence marking, I create noise inside that drowns out the disturbance. I turn the light of the moon and stars to cymbals of peace. I turn the vibration of the blankets touching me into an embrace of quiet.

I turn my other senses into noise, and from silence becomes a beautiful symphony of ~~my~~ light and physical surroundings. ~~Perhaps I'm merely distracting myself from the intrusive thoughts by transforming a noise~~ It may be noisy, but it certainly creates a silence in my mind.

~~Landing Page Copy~~ June 3, 2018  
Lore

20 years ago, I began hearing voices in an unknown language. Some time later, mundane surfaces like walls and floors started to morph, revealing shapes and patterns, these rather curious markings...

Then, the waking nightmares began. Visions of apocalypse, shadows committing heinous acts. I began to change as a person; I became emotionless and withdrawn. Soon after, I was diagnosed with schizophrenia.

Symptoms of schizophrenia are usually negative in nature. Hallucinations are disturbing, paranoia runs rampant, delusions ~~are~~ assume the worst in everything. However, the voices speaking an unknown language and the curious markings were different. They were intriguing and calming, as if someone was sending me secret messages to my imprisonment of psychosis.

I began utilizing these markings. ~~and~~ That's when the transformation began. I went from <sup>an</sup> ~~adjusted~~ part-time retail worker to a ~~the~~ college student graduating with honors and high esteem from his instructors and peers.

Landing Page Copy Cont'd 25

June 3, 2018

As I begin my journey with this fresh start, I'd like to share with you how I used these markings to go from ~~the~~ struggling to live a mental existence, to transforming my reality to a place where I excel, grow, and thrive.

Email

Begin Your Journey



How I use Community June 3, 2018

By no means do I claim to be a bigot, but I grew up in an area where progressive thinking was far from the norm. Because of that, I have engrained in me a natural resistance to ways of life I may not necessarily understand.

That being said, I am human, which means I have an innate need to love and be loved. With that in mind, how can I not love those who are trying to make their life and the lives of others better and more loving?

By utilizing the Community marking, I shed my inner contrarianism and embrace ideals of perpetuating love and kindness to all of us. These ways of living are not necessarily applicable to how I choose to live, but if I am surrounded in happiness, it makes my life happier by ~~be~~ being surrounded in that joy.

How I use Higher Vantage 27  
June ~~3~~<sup>6</sup>, 2018

All too often, people do and say things that make no sense to me. They are rude, insensitive, and unkind. I am so put off, my reaction compels me to redirect that rudeness, insensitivity, and unkindness back to them.

That being said, we are human. We are compelled to do the opposite of that. But because of external factors, we unknowingly lose our humanity. It happens sometimes and there's nothing we can do to stop it.

By utilizing the Higher Vantage Marking, I attempt to see the bigger picture ~~at~~ through higher consciousness; to see the humanity and goodness in others, despite their transgressions.

June 4, 2018

What the markings do for me (in general):

As I began sharing these curious markings with the world, people told me of similarities with reiki symbols, and others mentioned that with these markings ~~I~~ am harnessing energies that can be used to change yourself, heal yourself, to develop your spirituality, and ultimately, to become enlightened.

How I use the markings (in general):

At the early (stages of developing this project, I began trying to 'use' the markings that I had hallucinated. It was Christmas time and I had gifted my niece a hand painted 'Growth' marking. That night, I focused my will and intention on that marking. Soon after, I found myself floating in outer space. My vision seemed to have transform in a way that I could see all of the planets and stars in existence all at once with perfect clarity. Like a multi-faceted

June 4, 2018

telescope with endless lenses. It was completely silent, and I began to laugh and cry at the same time. Everything was beautiful and amusing, even things one generally wouldn't deem so. ~~When I woke up, the following months, I developed a ringing in my head. I sounds like a cymbal that never stops reverberating. As I began to use the markings, I notice the cymbal getting quiet. #~~

Later, I noticed a feeling of some kind of energy, like water pouring on the back of my head, flowing through and around my brain and spinal cord. ~~I use~~ When I use the markings, ~~I use~~ ~~that energy feeling~~ I can feel the water flowing stronger, reinforcing my will and intentions on the marking.



## How I use the markings (in general)

June 4, 2018

I use the markings to shape my will, my intentions, and my way of perceiving things. If I am suspicious of someone out of my own psychotic paranoia, I use the markings to be less nervous around them. If I'm having troubles taking steps to better my health, I use the markings to motivate me to exercise. If I have an injury, I use the markings to aid in ~~the~~ recovery.

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June 6, 2018



## How I use Acceptance

31

June 6, 2018

One of my most despair-inducing category of thoughts are those of controlling the past. I fantasize of fantastical ideas of traveling back in time and making life better than it presently is.

This line of thinking is fun when it happens, but distracts me from something far less ludicrous, and far more productive; thoughts of controlling my future.

By using Acceptance, I harness the power of rejecting despair, regret, and feelings of missing out. I lose all of the baggage of wasted time & poor decisions, I gain gratitude for all of the good things in my life despite the possibility of life ~~being~~ having gone differently.

## How I Use Sincerity

June 6, 2018

We've all done it before at some point, over-committed, overbooked, said to a friend, "We should see each other more often!" and then not see them ~~for~~ again for 9 months.

We often lie to others inadvertently because we become victims of lying to ourselves.

By focusing my will on <sup>the Sincerity</sup> ~~marking~~ marking, my attention is brought to my over-excitement of the time, gives me perspective on how I spend my time, and gives me the ability to respond to those I care for in an honest and respectful way.

## How I Use Music

June 6, 2018

As someone with schizophrenia, I get distracted by so many things. Thoughts, sights, sounds, delusions, paranoia, hallucinations, patterns, smells, feelings, pains, phantom pains, the list goes on.

Music is a way to focus me and ~~distract me from~~ turn me away from all of the intrusive experiences and make me more present to the moment. However, I can't always turn up the volume and jam out.

By using the music marking, I replicate the calming and focusing effects of music itself. I become grounded, happy, and sane.



# Checklist

- Table
- Tape
- Frames
- Crates (small)
- Crates (large)
- Seal + wax
- Lighter
- Envelopes
- Beta sign up
- Signs
- Tent
- Snacks
- Business cards
- Prints
- Sketchbooks
- Blanket
- Coins
- Water
- Laptop
- Chair

## Summernights Market

35

June 29, July 6

| Item          | Marking          | App | WP           | CC | D    |
|---------------|------------------|-----|--------------|----|------|
| WP Paper \$15 | "Your rhythm"    | Y   | Y            | N  | 30F  |
| Print         | Leading          | N   | N            | N  | 50F  |
| Print         | Acceptance       | N   | N            | N  | 60M  |
| Print         | Music            | N   | N            | N  | 30F  |
| WP Paper \$15 | "Love...imortal" | Y   | <del>N</del> | N  | 30F  |
| Print         | Acceptance       | N   | N            | N  | 40F  |
| Print         | Brotherhood      | N   | <del>N</del> | N  | 40F  |
| WP Paper      | "They laughed"   | N   | Y            | N  | 40Fa |

July 6  
Sketchbook  
Print

|            |   |   |   |         |
|------------|---|---|---|---------|
| Music      | Y | N | N | 50F     |
| Acceptance | N | N | N | 50F/50a |

| Item       | Marking       | App | WP | CC | D   |
|------------|---------------|-----|----|----|-----|
| WP Paper   | "Your rhythm" | N   | Y  | N  | 50F |
| Print      | Acceptance    | Y   | N  | N  | 50F |
| WP Paper   | "Frost"       | N   | Y  | N  | 50F |
| Print      | Silence       | N   | N  | N  | 40F |
| Print      | Growth        | N   | N  | N  | 20F |
| Sketchbook | Growth        | N   | N  | N  | 20F |



by Arisia Dubois

July 11, 2018

37

As I begin my 'career' as a software developer, freelancing, and making more per hour than I ~~have~~ ever have in my entire life; my priorities have started to shift. I'm starting to earn an income that can make my student and other loans disappear very quickly, and start saving for a more comfortable living than constantly moving around from place to place. Curious Markings started out as a creative outlet, with attempts at monetizing that creative outlet. Now that I am freelancing, I am doing things that I enjoy and getting paid fairly well to do it. Because of this, the project at this moment in time has become more of a burden than an outlet, and I'm not sure where to go with that.

Creatively speaking, real artists keep creating, even when they're not feeling particularly inspired. The question is, do I push through this and potentially waste a bunch of ~~the~~ time? Or do I say screw it and do 'day job' work?



## Curious Markings Collective?

After doing several markets and talking to a lot of people, I'm starting to learn that these markings may not be an experience unique to myself. I truly wonder if there is a natural language built in our bodies. As if our evolution has produced our own typographic form of language that we visualize in our heads.

What if I transformed [curiousmarkings.com](http://curiousmarkings.com) into a platform that encouraged the documentation of peoples own markings and what they think they mean?

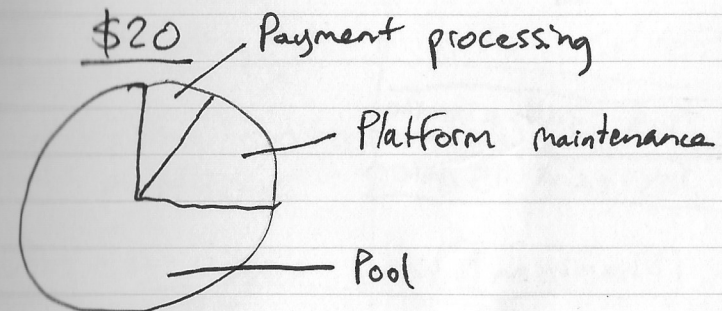
Eventually, I could implement machine learning tech that attempts to find similarities.

How can I make this worth my time and make a living from it but still provide economic incentive for people to document things?

One thought is to charge \$0.50 in packages of 50 to make a submission, with the

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the promise of statistically significant markings matching up being repaid from the pool of that word where markings didn't match up.



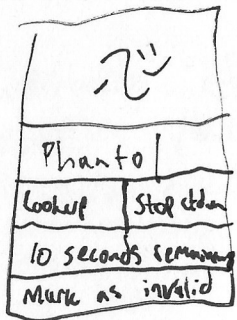
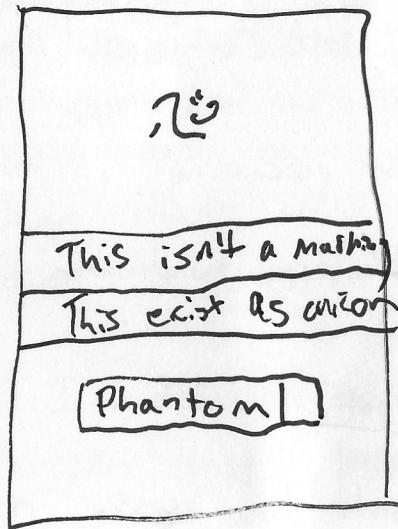
What if the intent, goals, process, metrics, and so on were 100% transparent right from the get-go?

Markings could have multiple words as meanings, so long as ~~the~~ ~~are~~ they are statistically significant.

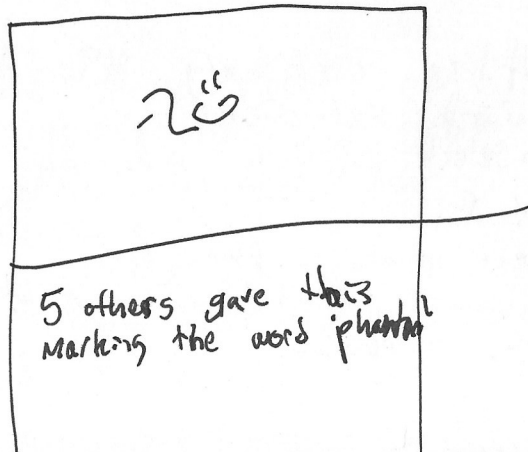
- Utilize dictionary API ~~for~~ ~~for~~ for user word selection?
  - Select specific meaning in definitions

What if:

- Someone uploads a photograph? • A drawing?
- An icon? • A letter? • A letter from another language?
- An exact copy?



- Made interactive mockups in XD?



# Collective

41

Aug. 5, 2018

Who are your competitors?

- Other art. sts?
- Linguists?
- Typographers?

What problem does it solve?

- Aggregating interpretations of shapes and patterns into English words

How do you bring value?

- Showing the person their common and uncommon interpretations of typographic and iconic form
- Showing the person commonalities with other people, eg. Your interp. is the same as 53% of left-handed people.

Strongest associations w/ Collective?

- Ease of use
  - Fun trivia/personality quiz
- Functional Benefits?

- Deeper self-inspection
  - Understanding others
- Emotional Benefits.

- Giving a sense of personal uniqueness at the same time as giving belonging



## Collective on Mobile App stores

This really doesn't necessarily require any features a browser cannot provide.

Using Swift/Java, all that would be needed is an app-specific URL with appropriate views and some logic that redirects to the home view if the user somehow navigates off-site.

## Populating Data

For the app to be meaningful, there needs to be a lot of pre-populated data. How to do this?

1. Faker  
    > easy, efficient, dishonest
2. Friends/Fam in exchange for free print  
    > not enough data, expensive, honest
3. Go viral somehow?

## Collective: Free exposure?

43

Aug. 5, 2018

Find channels that like to talk about odd/interesting things:

- Twitter tweeters
- YouTube channels
- Facebook pages
- Tumblr blogs
- Instagrammers?
- Bloggers
- Mental health organizations/non-profits

## Components

1. 'Define a marking' view
2. 'Definition results' view
3. Statistics view (Dashboard) ~~also find view?~~
4. Instructions views
5. Landing page explaining Collective.
6. Trivia view

## Random Poem

Twitter tweeters tweeting twits,  
Using words to fake a shift!

# Sub-components

Aug. 5, 2018

## Landing page (6) Mrs

|                          |    |
|--------------------------|----|
| 1. copy                  | 1  |
| 2. design <del>***</del> | 4  |
| 3. Frontend dev (TS)     | 4  |
| 4. generic dash. design  | 6  |
| 5. generic dash. dev     | 12 |

27

## Trivial view (4)

|                    |    |
|--------------------|----|
| 1. Design          | 6  |
| 2. Front end (TS)  | 12 |
| 3. Backend         | 12 |
| 4. Conceptualizing | 4  |

34

## Define Marking (1)

|                    |    |
|--------------------|----|
| 1. Design          | 10 |
| 2. Frontend (TS)   | 40 |
| 3. Backend         | 40 |
| 4. Conceptualizing | 10 |

100

## Instructions (5)

|                 |    |
|-----------------|----|
| 1. copy         | 2  |
| 2. design       | 4  |
| 3. infographic  | 20 |
| 4. Frontend dev | 4  |

30

## Stats View (3)

|                    |    |
|--------------------|----|
| 1. Design          | 6  |
| 2. Frontend (TS)   | 12 |
| 3. Backend         | 12 |
| 4. Conceptualizing | 4  |

34

## Definition (2) Results

|                    |    |
|--------------------|----|
| 1. Design          | 6  |
| 2. Frontend (TS)   | 12 |
| 3. Backend         | 12 |
| 4. Conceptualizing | 4  |

34

Total: 259 hrs TS: 96 hrs Jan: 163 hrs

# How I use the Anxiety marking

45

Aug 20, 2018

The anxiety marking is the most curious marking I've encountered so far. Without even focusing my will on it, the marking creates a sense of mild panic, my chest tightens and I cringe a little.

I have never ~~intentionally~~ intentionally used the anxiety marking, and I can't honestly figure out why I would want to. Among the markings I've made thus far, it truly is an enigma that I will be spending a long time trying to figure out.

This is somewhat unconventional to the format of my book, but I'd like to hear your interpretations and feelings you get from this marking. Please send your comments to [anxiety@curiousmarkings.com](mailto:anxiety@curiousmarkings.com).



## How I use the Self-Respect Marking

Aug 20, 2017

~~At times~~ <sup>sometimes</sup> I find myself putting the needs of others before my own. This may seem like a virtue, but if it goes to the extent of harming myself to carry out this good-will, in the long run I am doing a disservice to myself and others.

One time, I found my health deteriorating drastically from putting a significant amount of time and energy toward someone.

By focusing my will on the Self-Respect marking, I can reel myself back from the good I think I'm doing and see the harm I'm doing to myself, and to begin making efforts to taking care of myself.