How to Ignore. The skill.

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How to ignore

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http://atrc.net.pk

Agenda

Spark : Why this came into being.
Research : Learned a bit more.
Lesson : What I knew and learned.
Summary : Take Away

Spark

- A friend sent me a message on a whatsapp number which he had told me to not use multiple times. So I had told him that I am deleting the contact on his request and he shall get a **"who is this ?"** message if he himself used it next time.

- So this occurred and also after he had complained on another discussion group that there is too much discussion.

Spark

- I concluded he was missing a lesson on how to ignore in the world of hyper connectivity as far as we know in our documented history.

- In this world of too much info, there is a need to ignore.

- Well I repeated this message twice during the text conversation and he kept on rambling about something else.

- So here I am explaining the lesson for others.

Research

Research

What I learned more on this topic

Courage, Fear, Related to this.

Courage is not the absence of fear, rather the skill to **ignore** it.

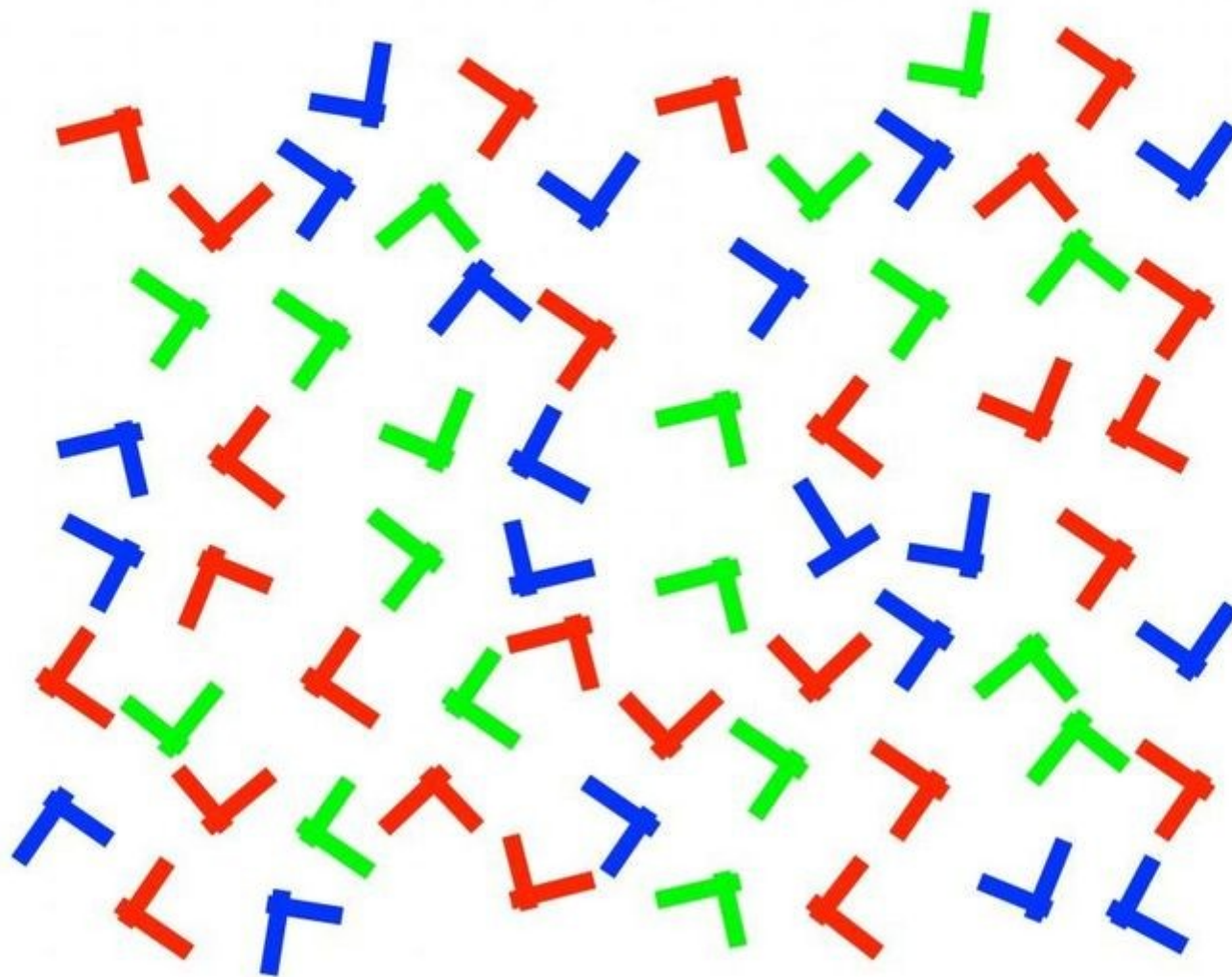https://lilledy.com/blogs/news/courage-is-not-the-absence-of-fear-rather-the-skill-to-ignore-it

Some scientist

Scientists Say Your Ability To Ignore Is Part Of Your Ability To Pay Attention.

https://www.forbes.com/sites/jenniferhicks/2016/02/26/scientists-say-your-ability-to-ignore-is-part-of-your-ability-to-pay-attention/#393be7a52684

Find the T
(it won't be Red)

Research Findings

The general understanding is that if you're searching for something, you can find it faster if you know what to look for.
But, this new study offers a new viewpoint: knowing what not to look for can still be helpful and get you to the answer as well.

Research Findings

In the experiments, researchers asked participants to search for a capital "B" or "F" on a computer screen full of other letters in various colors. Participants were given information by the researchers on what to look for or color information about the letters. For example, letter "B" would not be a color like red or they would be given no color information. Here's the interesting part: in hundreds of trials the participants who were given one color to consistently ignore throughout the experiment, found the target letters significantly faster than participants who weren't given a color to eliminate.

Research Findings

The data from the study showed that ignoring plays a major role in the attention process.

When we pay attention to certain information when there's also information present that's a competitive distractor, we'll try to actively suppress it.

Research Findings

The study also showed when people try to disregard distractions it might initially slow them down, but over time, we're more efficient when we know what's **NOT** worth paying attention to.

Research Findings

The ultimate take away from the study was this: the more information people try to ignore, the faster and more efficiently they were able to find that information.