

**To: The Brigade**  
**Subject: "Sprocket "**  
**Date: 20. August 2020**

Have ontologically studied my neurological issue of being pressured while under light stress.  
Like: "Where is my Norwood Matched Pistolet at?" or "What happened to my glasses?" or, "Why am I standing here waiting to do what?"

They call this phenomena something else but I can't remember – "brain dotdotdot or ???."  
My elaborate and systematic solving of this problem was embedded with more than three hours of conjugation and discussion with Kelly, BR, and Keith.

Therefore, now, when presented with an 'issue' I no longer storm out of the room waving my arms, dipping into my tertiary language, and announcing to the world how "irritated I am" by being overwhelmed with the "Where", "What", and "Why" issue, or the "WWWs."

I think:



Yes, I think (and look for) – and say - the word "**SPROCKET.**"

"**SPROCKET**" means to stop.  
"**SPROCKET**" means to sit down.  
"**SPROCKET**" means to ask "WWW?"

Then I listen. Is my film running or has the film in my head jumped track?  
Is the "**SPROCKET**" ripping holes in the film?

I listen, ask, and then FOCUS.

I cannot go any farther into solving the problem till I can focus on what the problem is.  
Texting myself is important here.  
Texting myself is helpful to get back on track – or get my film back on its track.

I answer with "*Improvise, Overcome, and Adapt!*"

When I get my "**SPROCKET**" back guiding the film of life and not ripping out the holes,  
then I can solve for the "WWWs."

