

## A MEMORY STORY

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This is My **Article**:

- **A Memory Story**

*It is About:*

*Remembering Something*

When I **Want** to:

- **Remember** Something
- I **Count** on My **Memory**

*Many Things I Do:*

*I Count on My Memory*

So This **Article**:

- **A Memory Story**
- **Is About**
- **One** example

*When I Want to:*

*Remember Something*

*I Count on My Memory*

## The Memory Example

Well:

- The Memory **Example**

*When I:*

*Start My Day*

*I Try To Remember*

*One Thing*

So **This:**

- Is A **specific** instance
- As Memory **example**

*When I:*

***Start My Day***  
***I Try To Remember***  
***One Thing***

To **Start the day:**

- I like to **have**
- A **drink of water**

*I like to*  
***Start the day***  
*With a **drink of water***

## **Double Check**

To get a:

- **Drink of water**
- In the **morning**
- **Feels good**

*So:*

*I like to*  
***Start the day***  
*With a **drink of water***

***This is Memory example***

Each **morning:**

- I try to **remember**
- **Start the day**
- With a **drink of water**

*This is:*

***A specific instance***  
***As Memory example***

When I **Want** to:

- **Remember** Something
- I **Count** on My **Memory**

*The Example:*

*For Article*  
*A Memory Story*

*I will share:*

*The Story*

*Another Name*  
*For This Story is*  
*Starting The Day*

## **Starting The Day**

In The **Story**:

- When I
- **Start My Day**
- I **Try To Remember**
- **One** Thing

*To Start the day:*

*I like to have*  
*A drink of water*

*I always like:*

*To Start the day*  
*With a drink of water*

Each **morning**:

- I try to **remember**
- **Start** the **day**
- With a **drink** of **water**

*To do this:*

*I Count on My Memory*  
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*When I **Want** to:*

***Remember** Something  
I **Count** on My **Memory***

*There are **reasons**:*

*To **Start** the **day**  
With a **drink** of **water***

## **In The Beginning**

If I:

- **Start** the **day**
- With a **drink** of **water**
- It **feels** good

*When I:*

***Start** the **day**  
I like to  
Be **positive***

*Wake up **positive**  
Anticipate  
**Events** and **activities***

***Start** the **day**  
**Positive***

Remember:

- Each **day** is **unique**

*Each **day** is **distinct***

*Hey:*

*I **mean**  
There will never **be**  
Another **day** like it*

***That** **day***

*So:*

*When I*  
***Start the day***  
*I like to*  
***Be positive***

## **Getting Going**

**I have said:**

- When I
- **Start My Day**
- I Try To **Remember**
- **One Thing**

*To **Start the day:***

*I like to **have***  
*A **drink of water***

**Reasons are:**

- Dry **night**
- Long time in **sleep**
- And
- It is **reassuring**

*A **drink of water***

*So:*

*I like to*  
***Start the day***  
*With a **drink of water***

*I always **like:***

*To **Start the day***  
*With a **drink of water***

## **Not Remembering**

**I don't always remember:**

- To **Start the day**
- With a **drink of water**

*Although I like:*

*To **Start the day**  
With a **drink of water**  
I don't always **remember***

Well:

- **Sometimes**
- After to **wake up**
- I **notice**

*I did not **have**  
My **drink of water***

*I **notice**  
Not **yet***

*I do **try:***

*To **Remember***

**I Count on My Memory:**

- To **Start the day**
- With a **drink of water**

*If I **forget:***

*Then  
A **flag** on that*

*I always **like:***

*To **Start the day**  
With a **drink of water***

**Reasons are:**

- Dry **night**
- Long time in **sleep**
- And
- It is **reassuring**

*A **drink of water***

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*I do **try:***

*To Remember*

*I Count on My Memory:*

*To Start the day  
With a drink of water*

*If I forget:*

*Then  
A flag on that*

## **Forgetting**

If:

- The day **starts**
- Like
- Is under **way**

*Sometimes I notice  
I did not have  
My drink of water*

After the **day**:

- Gets under **way**
- Sometimes I **notice**
- I did not **have**
- My **drink** of water

*Whoa:*

*I don't like that*

*It is really  
Nice  
To Start the day  
With a drink of water*

Yet:

- Sometimes I **notice**
- I did not **have**
- My **drink** of water

*I mean:*

*I have **seen** this  
Many many **times***

*I always **like**  
To **start** the **day**  
With a **drink** of **water***

*Yet:*

*Sometimes I **notice**  
I did not **have**  
My **drink** of **water***

## **My Preference**

It is really:

- **Nice**
- To **Start** the **day**
- With a **drink** of **water**

*So:*

*It has  
**Occurred** to me  
This is  
My **preference***

*To **start** the **day**  
With a **drink** of **water***

*And:*

*I have **reasons** for it*

*Dry **night**  
Long time in **sleep**  
And  
It is **reassuring***

*A **drink** of **water***

- **Notice**
- **Not yet**
- **No drink yet**

*I look at  
My memory*

*I am:*

*Supposed to have  
That*

*To start the day  
With a drink of water*

So:

- In my **memory**

*I do try:*

*To Remember*

**I Count on My Memory:**

- To **Start** the **day**
- With a **drink** of **water**

*Then:*

*If no drink  
After time  
It bothers me*

*So I:*

*Look at my memory*

**In The Memory**

I:

- **Look** at my **memory**

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*Why did I:*

*Not remember*  
*Drink of water*

**I mean:**

- I have **put**
- Morning **drink of water**
- In my **memory**

*Several times:*

*I have put*  
*Morning drink of water*  
*In my memory*

*Yet still:*

*Sometimes*  
*After the day*  
*Is under way*  
*No drink of water*

*I did not yet have*  
*My drink of water*

*Whoa:*

*Then*  
*Wtf*  
*Memory*

*Why does this happen*

## **Of The Mind**

**In my mind:**

- There is a **girl**

*In truth:*

*I think it is called*  
*A thought*

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*It is:*

*She*

This is probably:

- The **same** as
- The **idea** of
- I **thought**

*Probably:*

*The same as*  
*The idea of*  
*Ego*

She is:

- **Inside**
- With the **mind**

*I did not:*

*Make her*  
*Yet there*

*So:*

*Why to say this*

## **Guarding The Mind**

Well:

- To some **degree**
- She **seems** to
- **Guard** the **mind**

*And:*

*Article is*  
*A Memory Story*

*So Topic here is:*

*Memory*  
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*Specific instance here:*

*Is the **memory***

**Memory** is:

- **Part of the mind**

*Sometimes:*

*We **need to**  
**Remember** things*

*They are:*

*Then  
**In memory***

*We **know** memory*

Often:

- We **do** ok
- On **that**

*Yet **here***

*In the **morning***

*Sometimes  
**I forget**  
The **drink** of water*

***Oh** the **memory***

I go **past**:

- The **beginning**
- With yet
- No **drink** of water

***Whoa**, then:*

*The **memory***

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Well:

- If she
- **Guards** the memory
- Then I must see it

*I want **drink** of water:*

*It seems ok*

*Dry **night**  
Long time in **sleep**  
And  
It is **reassuring***

*A **drink** of water*

*Several **times**:*

*I have **put**  
Morning **drink** of water  
In my **memory***

*Yet **sometimes**:*

***Memory** is **slack**  
On  
Morning **drink** of water*

*Sometimes  
**I forget**  
The **drink** of water*

*I go **past**:*

*The **beginning**  
With **yet**  
No **drink** of water*

*I like to  
**Start** the day  
With a **drink** of water*

## **Girl As Suspect**

Why no **drink**  
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*Several **times**:*

*I have put  
Morning drink of water  
In my memory*

*I like to  
Start the day  
With a drink of water*

If she:

- The girl
- Called a thought
- Guards the mind

*I do not mean:*

*Forbidden*

*More like:*

*Watchful*

Still:

- If morning
- No drink of water
- Then
- Girl As Suspect

*Did she:*

*Put the idea  
Morning drink of water  
In the memory*

*I tried to do it:*

*Put drink in memory  
Several times*

*Yet:*

*Sometimes  
No drink of water  
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*Why no correct:*

*Drink of water*

*In the morning*

*Did she forget*

## **Access To The Mind**

To **access** memory:

- **We need**
- **Access to mind**

*Whoa*

*We need*

*Access to mind*

For to:

- **Enter** details
- **Facts**
- Into **memory**

*Each one*

*His task*

This is, then:

- **Building** the **memory**

*We know this*

*Maintain it:*

*Memory*

*It looks like:*

*Here*

*Hey*

*We are not alone*

She is **not**:

- Directly **mind**

*I see her*

*She talks*

*Perhaps more*

*I like:*

*Morning **drink of water***

## **Main Point**

For me:

- If I **want**
- To **count** on
- **Memory**
- I must **do it myself**

*To be **sure:***

*I must **do it myself***

*I like to*

***Start the day***

*With a **drink of water***

*I like:*

***Memory of***

*To **start the day***

*With **drink of water***

Then:

- I must **do it myself**

*To be **sure:***

*I must **do it myself***

The only way:

- That I **know** for **this**
- Is
- **Repeat** method

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*Try to **get it:***

*In **memory***

*Over and over*  
*Until I get it*

*Remember to have*  
*Drink of water*  
*To start the day*

*She is not*  
*Directly mind*

## Hoping For Me

So I :

- Cannot **count** on **her**
- Cannot **depend** on **her**
- To **build** memory

*I must put it:*

*My idea*

I got to **do** it **myself**:

- Yep

*Until it is:*

*Registered in the memory*  
*Then me*

*I got to do it myself*

*Whoa, then:*

*Happy day coming*

## ENDING

I cannot **count** on **her**:

- I have **shown** this
- I **believe** it too

*Whoa:*

*She is not*

*Directly **mind***

*So:*

*Questionable **access**  
To **mind***

*Especially **memory:***

*Like*

*In this **example***

*A **drink of water**  
To **start the day***

*Article is:*

*A **Memory Story***