

## **Outcome Genii App Description**

**CRISIS REDUCTION:** Outcome Genii (OG) helps redirect your mind away from a highly emotionally charged state back to your cognitive functioning self.

**HOW DOES OUTCOME GENII DO THIS?** OG acts like an external thought provoking hard drive that provides a cognitive format that supports and reconnects you to your ability to exercise Free Will and Choice. The lengthy process of completing OG is designed to de-escalate the emotional influences and simultaneously provide a link to the thoughtful/cognitive function of your mind.

**THE AFFECT ON BEHAVIOR:** Being confronted by a highly emotional situation often leads to a reduction of Free Will and Choice because increased emotions diminish your mind's ability to think and anticipate outcomes. OG just wants you to freely choose what you do, after careful consideration. The personal reward in connecting behavior to the envelop of Free Will and Choice is the achievement of the deeply strengthening feeling of empowerment.

**OG DE-ESCALATES EMOTIONALLY CHARGED SITUATIONS IN THE FOLLOWING MANNER:** Initially OG guides you through an **Assessment of Your Circumstances**. It then leads you into an **Exploration of Various Outcomes** by assisting you to consider the benefits and consequences of such behavioral patterns as aggression, withdrawal, and passivity. It then provides steps for conflict resolution that include three relaxing audio/visual interventions: Slow and Deep Breathing, Walking Meditation, and Soothing Music. These are accessed on YouTube under Jonathan Schiesel entitled: 1. OG Slow and Deep Breathing, 2. OG Walking Mediation and 3. Self-Soothing Music.

Upon completing these steps you are then encouraged to make a conscious choice as to the Outcome you seek and to consider the steps that can lead to this freely chosen goal.

OG will also encourage you to create a Journal of your thoughts, impressions, and insights. This can provide you with the chance to assess the wisdom of your choice. If things didn't turn out as you anticipated, you can re-enter OG and come up with a different set of choices for the future. The Journal can be stored by date in a folder on your Desktop. If you choose, you can then forward the Compiled Summary and your Journal Comments of that episode as an attachment by e-mail to any of your support people. The benefit of being able to share your effort is that it can improve the support person's ability to provide the encouragement that will assist you to sustain your endeavor to manage your feelings in a manner that increases your Free Will and Choice.

**To download** the Outcome Genii App to your smart phone: Free on Google Play and Apple iTunes App Store

**To obtain a Hardcopy** of the interactive Outcome Genii to download to your PC or Laptop email your request to: [Jonathan@outfar10.com](mailto:Jonathan@outfar10.com)

