ITERATION.001
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OBSERVATIONAL FIELD JOURNAL

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FORE 6359 - DESIGN FUTURES
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THE FUTURES WE LIVE WITHOUT THINKING ABOUT THEM.

This journal documents observations, experiences and stories pertaining to the thoughtless acts framework by Jane Fulton Suri, then adapted to thoughtless futures by Professor Adam Cowart.

THOUGHTLESS FUTURES | EVERYDAY FUTURES | QUOTIDIAN FUTURES

THE STORIES OF OUR LIVES

In "The Writing Life," Annie Dillard notes, “how we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing.”

Based on Dillard’s quote, I argue that quotidian, everyday, or thoughtless futures are the stories of our lives. If “how we spend our day is how we spend our lives,” then the everyday is neither actually thoughtless nor passive. From a framework of relationality, these everyday futures are portals to the stories of our lives (dominant slippages, or bridges to new worlds and ways of being) and when put under analytical lens are further instruments to re-story life.

On the case of the word “thoughtless.” It is acknowledged that from my temporocentric perspective, this adjective sounds like a misnomer for something as important as the ‘futures of our lives.’ I chalk this up to my personal inhibitions that it is hard not to see past the negative historical connotation of the word in the western cannon. So, my instinct for my own understanding is to try to reframe the definition of “thoughtless” from "careless," instead to the instinctual, embodied, or not fully cognitive futures.

By looking at this redefined, and under a lens of relationality, instinct, and embodiment, these realities ask us to engage in observation that encourages us to re-story our relation to the everyday, or in the very least...gives us that possibility upon awareness and reflection.

EMERGING THOUGHTS

HOW ARE QUOTIDIAN ACTS AND QUOTIDIAN FUTURES RELATED TO...

Informed by readings and person background, these key words and relations stood out to me as questions in realtion to thoughtless acts and futures:

- Forecasts v. Futures v. Anticiation[2]
- Needs: Explicit, Implicit, Anticipatory[3]
- Inbound v. Outbound Change[1] | Hyperobjects[1]
- Preservation v. Procrastination[1]
- Needs v. Desire v. Desire Lines[4]
- Conscious v. Unconscious | Avoidance v. Action[1,4]
- Instinct & Embodied & Imagination[1,4]
- Habit & Social Learning[1,4]
- Affordances v. Prompts[1,4,5]

DETALS & CONTENTS

- DETAILS

Citations: Sources are cited using superscripts which are referenced in the bibliography section. Images with no indicated source were of my own taking.

NOTE : "NOTHING ABOUT THIS JOURNAL IS THOUGHTLESS! WELL... KIDDING, MUCH OF IT IS...THAT'S THE POINT..."

I have opted to use the term "quotidian" in many places in lieu of "thoughtless" for this journal. "Quotidian" is defined as something occuring every day or that is ordinary or common place in the routine of life.

It is understood that “thoughtless" is an effective way to encapsulate the phenomenon of these futures, especially reframed as instinct, embodied, etc. However, I often still favoured the term "quotidian." Evidently though I use all the terms (thoughtless, quotidian, everyday) interchangeably throughout.

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QUOTIDIAN ACTS

NOT YET QUOTIDIAN FUTURES

- REACTING[B]

- RESPONDING[C]

- COOPTING[D]

- EXPLOITING[E]

- ADAPTING[F]

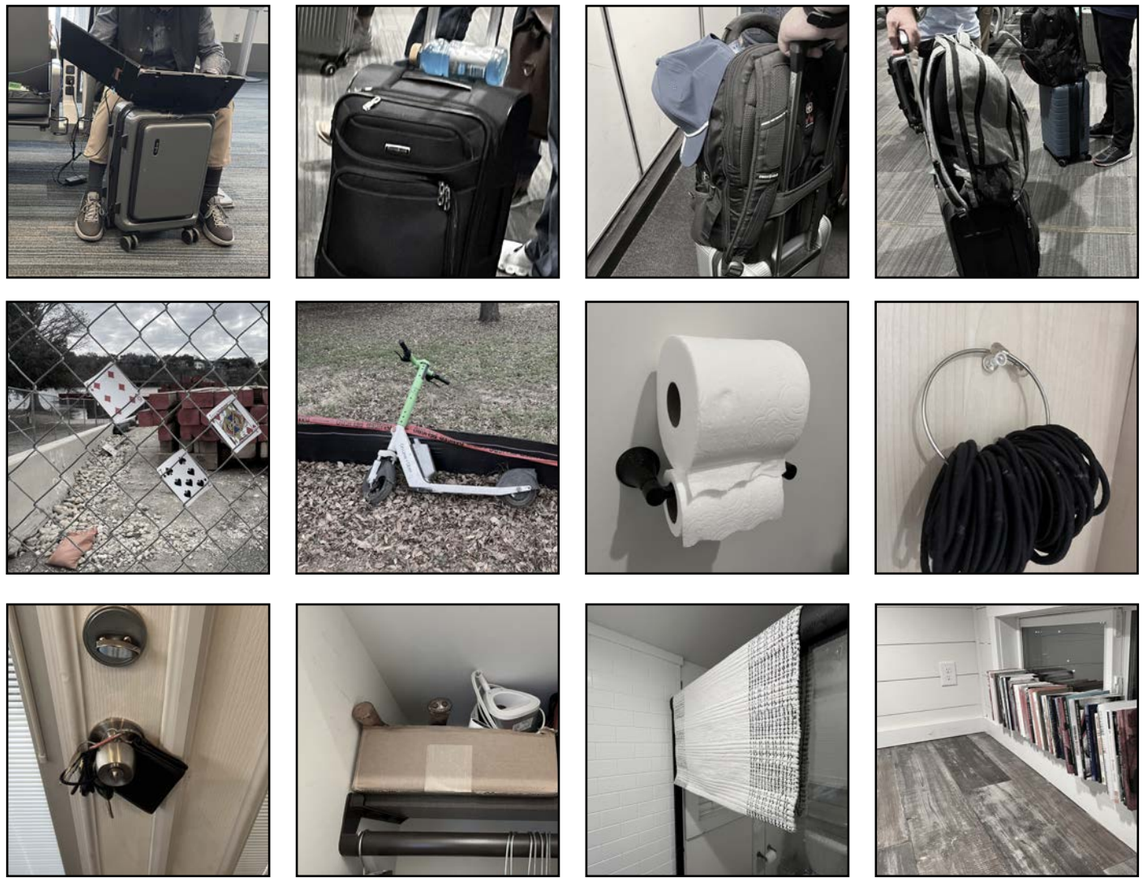
- CONFORMING[G]

- EXTENDING[H]

- SIGNIALLING[I]

I began my understanding by reminding myself of the thoughtless act framework by Jane Fulton Suri. I explored these ideas in my everyday and captured them in the photographs I took below. These examples show "thoughtless" design and spatial relations but not yet temporal, behavioural, and futures stories later defined as "thoughtless" futures.

- INITIAL FIELD IMAGES



- PONDERING ANIMAL INSTINCT

If animals act with instinct, what can they teach us?[7] If we are 'human animals' what does that say about humans? What is the role of instinct in quotidian futures?[8]

QUOTIDIAN ACTS[4]

Interact: Thoughtlessly interacting with the everyday life of designed environments.

- **Reacting to Design:** How do people automatically and instinctively interact with objects, spaces, and systems in their environment? What instinctive bodily movements occur when encountering a design element?
- **Responding to Design:** What qualities or features of design lead people to respond in particular ways? How do people alter their behavior based on perceived affordances?

Adopt: Thoughtlessly adopting design from everyday life.

- **Coopting Design:** How do people repurpose or reinterpret designs for their own needs? Where do people appropriate objects for unintended uses? What improvised uses emerge from everyday contexts?
- **Exploiting Design:** How do people leverage the properties or conditions of design to maximize advantage? How do individuals manipulate design constraints to their benefit?

Use: Thoughtlessly using design manifests.

- **Adapting to Design:** How do people adjust themselves or their behavior to accommodate design constraints? How do bodies reposition or adjust to fit designed environments? Where do people create temporary adjustments to accommodate discomfort or inconvenience?
- **Conforming to Design:** How do people learn or internalize patterns of behavior around designed systems? What repeated behaviors emerge around particular objects or environments? How do social norms shape how people interact with design?

Prompt: Thoughtlessly prompting interactions with design.

- **Extending Design:** How do people delay, stretch, or prolong interactions with objects or environments? How do people make things last longer than intended? What behaviors extend the function of objects beyond their designed life cycle?
- **Signalling Through Design:** How do people use objects or environments to communicate signals to others? How do objects convey social signals or messages? How do environments signal ownership, territory, or identity? What cues guide others' behavior through subtle object placement?

QUOTIDIAN FUTURES[1]

Interact: Thoughtlessly interacting with the everyday life of futures.

- **Reacting to Futures**: How do we automatically and instinctively interact with novelty and emergence in our environment?
- **Responding to Futures**: What qualities and features of these futures and our reactions to these futures lead to various responses or behaviors in specific individuals and populations?

Adopt: Thoughtlessly adopting futures from everyday life.

- **Coopting Futures:** Where might moments of temporal immediacy emerge from anticipatory assumptions in daily life? When, where and how do moments in time suddenly become significant?
- **Exploiting Futures:** How might individuals anticipate dynamic material qualities that occur temporally? How might perceptions of duration in relation to the timing of exploitation play a role?

Use: Thoughtlessly using futures from everyday life.

- **Adapting to Futures:** How might individuals thoughtlessly bet on the alternativity or alterity of purposes to achieve or contexts to fit, based on anticipated objectives in the future? How might the constant temporal negotiation among the weight of the past, the push of the present, and the pull of the future, inform anticipatory adaptive behaviors?
- **Conforming to Futures:** What are the ways in which patterns of behavior might be learned anticipatorily versus experienced firsthand? How are patterns of life influenced, changed, and otherwise conforming through social interactions in which the future acts on cultural groups? How do unique postures in relation to anticipation lead to various degrees of performativity?

Prompt: Thoughtlessly prompting futures from everyday life.

- **Extending Futures:** How might individuals delay or reproduce futures? Where is there evidence of procrastination that leaves futures open and undecided? Extending alternativity or uncertainty?
- **Signalling Futures:** What messages from the future lead us to the conclusions we make about preservation (vs. procrastination) in particular? What is the future trying to tell us, not at the macro-historical level, but at the individual, incremental level?

01: INTERACT

NOTE: FRAMEWORK REFERENCE DEFINITIONS AND GUIDING QUESTIONS ON PAGE 07.

- ANTICIPATION AS A REFLEX

Future Story: "___ is a possibility"

Description: Texas is known for its temperamental weather and unreliable electrical grid. Whereas many other states, countries, and territories have infrastructure that support inclement weather conditions (particularly for the cold), Texas and Austin specifically remains ill-equipped. During a surging cold front and ice storm in 2021, my partner and I prepared for the freezing temperature communicated by news sources. We stocked food and resource. As well, a pipe burst from the freeze in the overall building. This prompted a quick reaction and arrangement of crucial items to the "high ground" of the kitchen island.

Linkage: Reacting to futures | Inbound
The story of the future in this example is the story of impending disaster communicated by news, and in a more time-sensitive example, through a crisis in the environment (pipe burst). It is inbound because the disaster comes from the outside into our environment and prompts an immediate emotional feeling of fear or panic which manifests in actions of preparation. The movement of the items to 'high ground' also show an even quicker reaction response to everyday futures that unfold when quick or immediate response time is required to the story of "crisis."

Reflection/Comparison: Quotidian acts of this might have been more so focused on avoiding the spatial obstacles that the flooding created. For example, perhaps we could have instinctively used towels to shield our doorway from flooding or held a typical object above the head to avoid drips from the ceiling. However, this framing is more challenging because it discusses how the future story of "the possibility of danger," prompts a defensive temporal and social behaviour.

Anticipatory Needs & Insights: Texas's infrastructure issues during impending freezes are well documented which extend beyond this individual experience. Frequent water boil notices, power grid failure, and the silent acceptance of shoddy building quality for student housing suggest a distrust in these infrastructures to provide stability. Here, anticipation is a reflex, because the individual (me) reacts to a need of reliable resources, taking that agency into their own hands.

REACTING AND RESPONDING

Image[J]

- ANTICIPATION AS ADJUSTMENT

Future Story: "The future is ___"

Description: My file-folio is an artifact going far back to my passion for cataloguing and organizing. Originally, I would save all the notes from my school year that would pile up in large stacks or be stuffed into the overflowing file-folio. Then around junior-high school, I used my family's scanner to start digitizing everything. My father said, "the future is digital, you'll need to be able to access your files from anywhere these days." Soon the stacks of papers dwindled, and I didn't think anything of it. More recently though, I have had a great appreciation for bringing back analogue artifacts. People seem to say with AI, an "arts and crafts renaissance will emerge." I began printing photos again and keeping letters from friends piled in the corner of my desk.

Linkage: Responding to futures | Outbound
The temporal and behavioural manifestation of this future is spatial, but it responded to the stories I understood about the future at each time. In this case, I understood the future was going 'digital' and the reaction was the adjust my behaviour accordingly. As well, I assumed I would need access to my files anywhere, so I opted to start using cloud storage. I was prompted by a specific image of futures imaginaries that trigged the subsequent behaviour. This was outbound because I exerted the change to my process.

Reflection/Comparison: I do not believe the framing of this example to be fully fleshed out. However, it piqued my interest because I noticed how my behaviour adjusted without thinking. It changes according to the "stories," however much 'unreal' or 'irrational.' I am still trying to define the specific evolving response. Is it the initially collecting and stacking? The digitizing? The cloud storage? The nostalgia for analogue? Or all of it?

Anticipatory Needs & Insights: This future speaks to a deeper desire or need for meeting needs themselves in which I am willing to respond to the stories of the future, consciously or unconsciously, to maintain. Here an intrinsic fear of losing things (knowledge gained through time, etc.), responds to qualities of the future that threaten or trigger preservation behaviour, not to be confused with “Signalling.”

02: ADOPT

NOTE: FRAMEWORK REFERENCE DEFINITIONS AND GUIDING QUESTIONS ON PAGE 07.

- ANTICIPATION AS JUSTIFICATION

Future Story: "The change will happen later"

Description: Back as a university undergraduate, I moved housing every year or more. First, I was in the dorm, the second was a run-down apartment. Third I moved in with my partner, and fourth, building ownership pushed us out of beloved space due to managing changes. By the final time, the bedroom corner was dedicated to boxes and overflow furniture and items from moving. I said, "what's the point of unpacking? Will just move again." This unsettled feeling followed me to my first apartment after school where I moved yet again and lived alone. Friends said, "your apartment is very uncomfortable, you have basically no furniture and a singular chair facing a TV...its disturbing." Again I said, "I will move again, why get settled in?" This was true and I moved again before finally settling in a more permanent location.

Linkage: Coopting Futures | Inbound
For this future, temporal immediacy and assumptions manifest as justifications or excuses. Because the reality of moving becomes significant to me, the boxes, rejection of owning too many items, and piling objects in the corner, prioritizes an 'inevitable' assumption / story I made about my future; that I would move again. The action is a quotidian manifestation of using space and language to justify an internal assumed future change or lack thereof.

Reflection/Comparison: In a quotidian act, an object is used resourcefully or for an unintended purpose. In that case a coffee mug, it is used to hold pens. However, here the coffee mug becomes time and futures which holds my assumptions. Still, I wonder what the non-spatial justification of this future is. If "I will just move again," does my time become occupied with doomscrolling? Or if I assume the future is 'inevitable' does that prompt avoidance and in-action, because "why bother?"

Anticipatory Needs & Insights: I think this frame of the future heavily relates to motivation. I imagine this could go either direction, much like nihilism. If "nothing matters," do I take advantage of every opportunity, or procrastinate knowing there is no retribution either way?

COOPTING AND EXPLOITING

- ANTICIPATION AS OPPORTUNITY

Future Story: "The change will have value"

Description: My mother always said, we need to make the house 'nice'/aka 're sellable' and my grandmother always did the opposite, putting whatever ostentatious paint, pattern, and design in her home she wanted. In both cases, I ironically picked the scheme. In 2021, my mother repainted the guest room to a plain, 're sellable' grey tone. I instructed her on the current marketable color tone. Back in 2008, my grandmother took me carpet shopping for her kitchen area. Knowing nothing about design as a child, I picked the imitation wood-plank flooring carpet. Upon installation, the loud pattern clashed with the actual wood flooring, my older designer eye questions why they even used carpet in a kitchen! My grandmother couldn't have been happier though, imbued with its absurdity was the memory of us picking it out together. In the actual future, we did end up selling both houses; yes, we did have to replace that carpet beforehand.

Linkage: Exploiting Futures | Outbound
I think exploiting futures supposes a particular affordance of the future that results in a leveraged value. In the case of my mother, she acts in both conscious and unconscious ways that speak to anticipation on trying to make the house 're sellable'. The story of expected timing or change influences her explicit and implicit behaviors and decisions that we could add value to the home. This framing positions the future as opportunity.

Reflection/Comparison: I believe, in design, leveraged affordance is a physical characteristic, where in futures this evolves into a leveraged value. One element that is less resolved for me is the relation of intention to this futures frame. To me, this exploration requires more awareness to see the opportunity of why this frame acts more intentionally than others. I wonder how these frames might better show relations of intention and their comparisons and associations to the implicit and explicit.

Anticipatory Needs & Insights: I imagine exploiting futures more closely related to the needs of urgency and risk. Here the future feels 'gamed' because one does not know when or what will happen, but the delay and momentum behind it are charged with a desire to act on a potential opportunity.

03: USE

NOTE: FRAMEWORK REFERENCE DEFINITIONS AND GUIDING QUESTIONS ON PAGE 07.

- ANTICIPATION AS RECALIBRATION

Future Story: "Things will get worse"

Description: Furthering the challenges I have had in my living situation, the apartment I had after undergraduate school had terrible building-wide pest issues with a unit backed up to the building dumpster. When I was out of town one week a rodent died in the ceiling and then got invested with maggots that seeped through the cracks of the access panel. When the rodent was taken away the access panel left a distinct mark and the maggots continued to invade, crawling every inch of the apartment. I started to store all my food in the refrigerator instinctively where it could be safe from pests of any type and started to no keep many personal items around.

Linkage: Adapting to Futures | Inbound
I think adapting to the future is like coopting, in that it deals with the attitude of the inevitable, but manifests as recalibration or negotiation. This frame suggests the influence of the futures triangle. The weight of the past of the pest issues pushes a more instinctive recalibration of behavior. If the future could get worse, then I will do this "just in case." Before long, this behavior becomes the 'new normal'. Another non-spatial linkage is recalibration of expectation. If this is "how bad it is" (maggots falling on my head and rats running through ceiling). The recalibrated element is my lowered expectation that caused me to endure these issues until my lease was up. The inbound part of this future is the recalibration of my expectations and behavior.

Reflection/Comparison: In design, people will adapt themselves to the environment, which the design exerts a gap and provides an affordance. Here, the future attitude of inevitability and pessimism dictate a recalibration. However, I wonder how time horizons might affect a more temporal adaptation. For example, an immediate food shortage would force careful meal planning, but a looming headline of rising rent might prompt more long-term budgetary recalibration.

Anticipatory Needs & Insights: Much like coopting, this frame seems to position inevitability with the question of the degree of agency. If we cannot 'change' the past or future, adaptation can occur in the present. Unlike coopting, it is a recalibration not an excuse but renegotiation.

ADAPTING AND CONFORMING

- ANTICIPATION AS EXPECTATION

Future Story: "This is how life will work"

Description: There are certain social expectations and scripts that I mindlessly play out. I put the trash out by the door a certain way because "that's what everyone does." I board in-line at the airport appropriately because that's how it's done. Never mind, it's a little absurd of a process. And more influentially, open office designs at work have dominated the corporate interior topology because, 'that's how it's done' and it's the "way / standard"

Linkage: Conforming to Futures | Outbound
In these examples, mindless social scripts and expectations become a basis of acting out of "common sense." The agreement in these actions might not be "explicit" but the collective acts in tandem, there is also social pressure involved. If everyone boards the plan properly, or puts the trash out a certain way, the natural tendency is to follow. This is outbound because the futures are driven by a perceived norm than an individual one. The expectation seems to show as the social pressure of conformity. The stories of the future that say 'this is how things or life will work, then its best due to follow'. The risk of not conforming is lack of preparation or rejection.

Reflection/Comparison: Conforming in the environment requires a change in behavior to fit the environment. However, in futures, the expectation speaks to social conformity. One aspect of the frame that is limited is the flattened understanding of social norms. How might this frame be influenced across different cultures?

Anticipatory Needs & Insights: This framing seems to be a story about standards, norms, scripts, and performance, but also of belonging. Humans need to belong is powerful and influential. Even within the small nudges of a sense of FOMO. I believe conformation plays on the desire to belong. Because of this, I believe conforming also connects to values. If all my friends eat food off the farm and buy a reusable water bottle, I am more likely to do those things without giving much thought in order to not stand out. These actions are residue of a group's values.

04: PROMPT

NOTE: FRAMEWORK REFERENCE DEFINITIONS AND GUIDING QUESTIONS ON PAGE 07.

Image[O]

- ANTICIPATION AS POSSIBILITY

Future Story: "What can the future hold"

Description: Following the COVID-19 pandemic, it became much more difficult to get things in store, this increased my level of online shopping but not my indecisiveness. My digital shopping cart remains an open question. On a more tangible level, indecision carries on to delayed home renovations. The house I bought, has one bathroom with no toilet paper role holder. I have delayed adding this feature so that the roll now sits on the counter behind.

Linkage: Extending Futures | Inbound
This frame of the future suggests a level of unidentified, vague, or deferring aspect of the future. If the future remains "open" or unclosed, in the sense an action is not carried to its completion it leaves room for possibility. In this instance, procrastination and indecision lead to many alternative futures. In the examples above, leaving items in the cart are results of indecision, but that affords the opportunity for many futures to still unfold. Do I buy everything? Nothing? or Something? Likewise, with open renovations, do the same. I still have the possibility to entertain multiple outcomes. Do I want a wall mount? Standing mount? Throw the paper out and get a bidet?

Reflection/Comparison: In quotidian acts this frame might show as modularity or multiple uses, but for futures, time is the modular variable in the form of 'delays.' However, associated with delay is procrastination and indecision. This can take place positivly as opportunity, however, when does procrastination become avoidance and in-action better characterized by other parts of this method / framework?

Anticipatory Needs & Insights: Procrastination and inaction can relate to needs about choice and commitment. It can also extend to understanding. For example, if someone delays giving an opinion, the delay could aid in giving needed think-time and avoid misinformation. Relating back to choice and commitment, this frame preserves options which can bolster agency when people are going through something similar to the stages of the change model (pre-contemplation, contemplation, preparation, etc.)[6] Possibility is built in many ways.

EXTENDING AND SIGNALLING

Image[P]

- ANTICIPATION AS RESPONSBILITY

Future Story: "Who will see this later"

Description: I hope to die without anyone seeing the contents of my notes app. It is simply a cacophony of rambling and lists that I would be ill-at-ease for anyone to witness. However, its messages and notes to self-signal what is important to me throughout time, a modern-day digital journal. Also, there are all the things and collections I preserve "for later." For instance, I have my collection of cards and mementoes in a 'memory drawer' for safe keeping.

Linkage: Signalling | Outbound
I understand signalling as, when messages are sent across time to ourselves or others. In these instances, the future does not exist yet, but there is a message sent on values and desire. Like the example about responding, these futures are distinct because the story is not about responding to a futures story that suggests preservation but speak to signalling preserved values. By combination of communication, legacy, and duty, this frame suggests anticipatory responsibility / obligation to the future self or others.

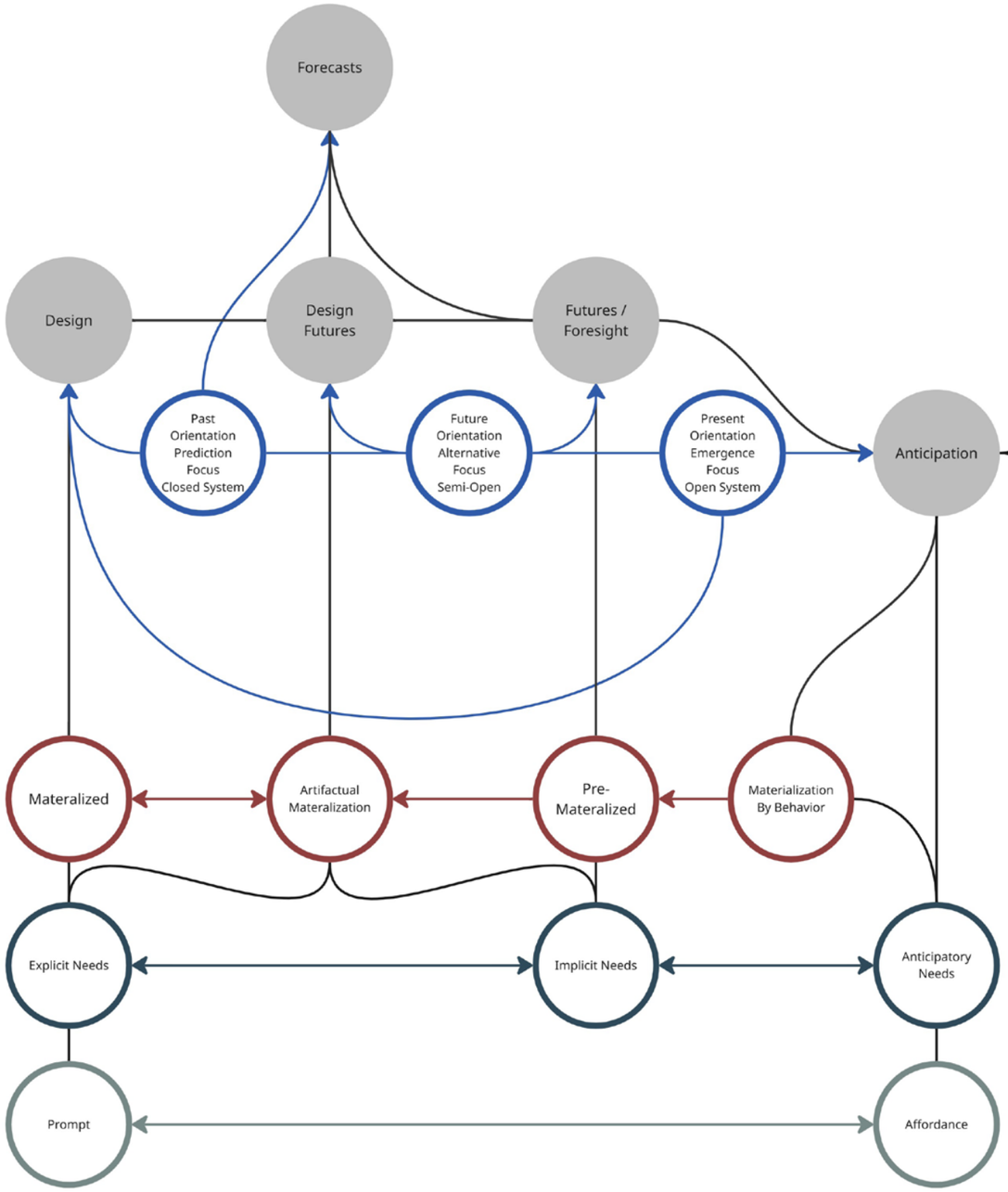
Reflection/Comparison: I think this frame has more overlaps to quotidian acts than other frames. An action like setting a jacket on a chair to hold a seat is more of an immediate spatial manifestation, that does have somewhat of a future implication. Signalling futures, however, seems to suggest a longer time horizon. One limitation is that the signals of importance could be dependent on the communicator and receiver. Like an inside joke, who must understand it, for it to make sense as a signal? Only me? Or the masses?

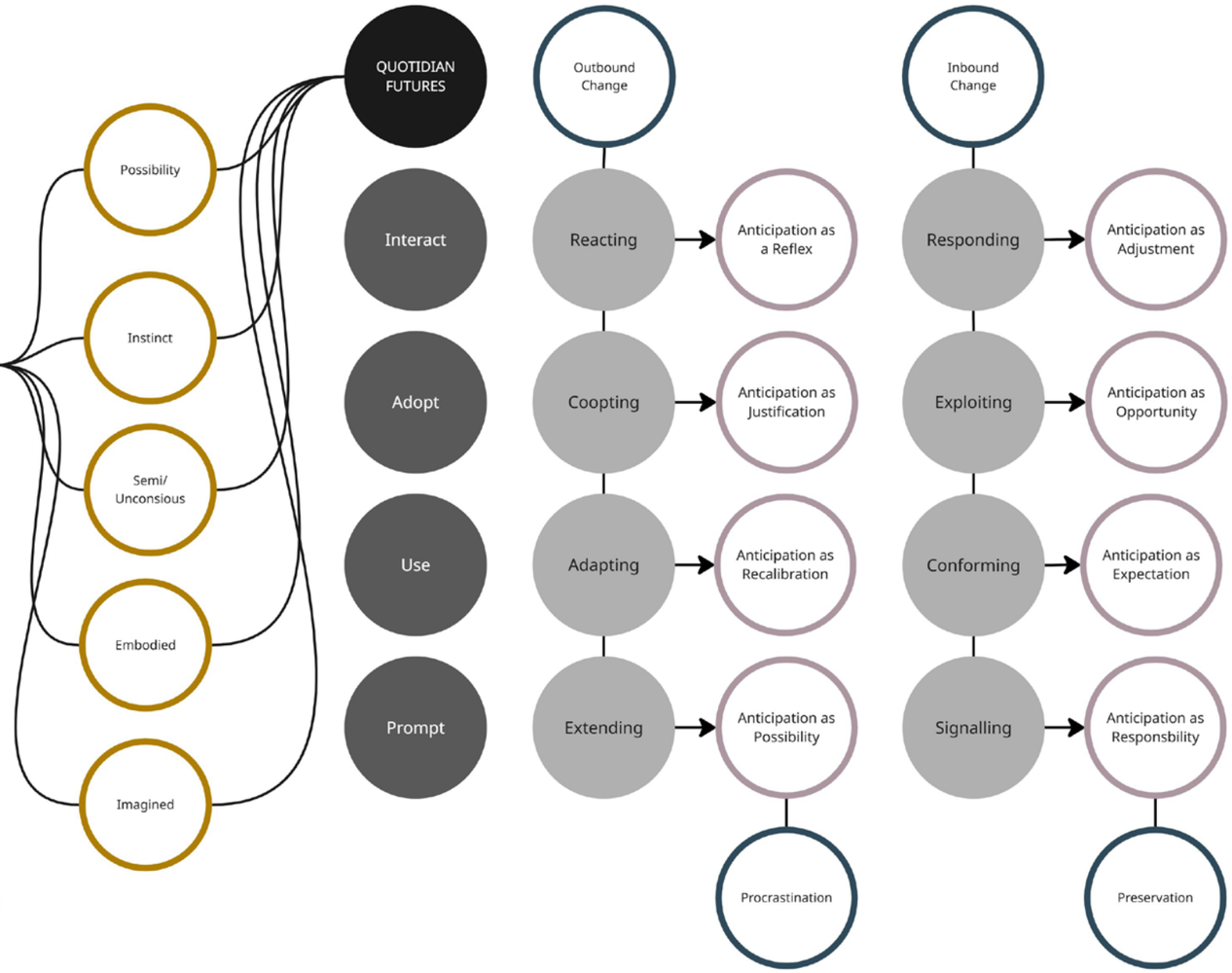
Anticipatory Needs & Insights: Conversely to extending, this frame discusses how values are communicated and preserved throughout time. At an individual level, this could express the needs of compassion for the self: as in, if I do something for my future self to not be overwhelmed, the future is being communicated with even without existing yet, and for that to occur, I am seeing oneself as an object of that future on order to convene with...and what ever that involves,"Future Xie will take care of that!"

DIAGRAM UNDERSTANDING

ITERATION.001[1,2,3,4]

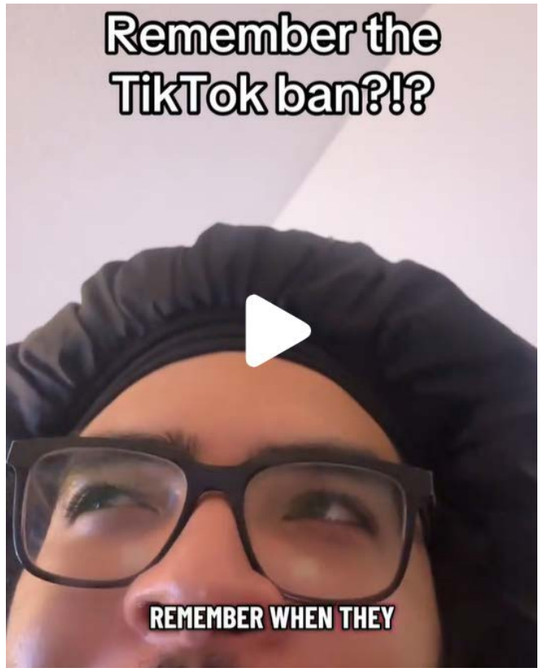
Using the observational journal, I attempt to diagram relational questions that arose in the beginning of my observations.





OTHER ENVIRONMENTS

NOTE: FRAMEWORK REFERENCE DEFINITIONS AND GUIDING QUESTIONS ON PAGE 07.



- REACTING[9]

Description: Panic over TikTok Ban: The anticipation over a TikTok ban in the US prompted varying reactions by users of the app.

Evidence of Anticipation as a Reflex
Upon the announcement of bans in 2025, a low-grade sense of panic for the anticipated ban resulted in knee-jerk reactions. Some users archived content while some deleted the app in protest to use another Chinese owned social media platform called Red Note.

Anticipatory Needs & Insights: In the digital space, the need for perceived agency is satisfied by the users taking 'matters into their own hands' through different platform selections, statements of boycotting and even further content production commenting on the perceived in-justice itself, creating a 'meta' commentary.

- RESPONDING[10]

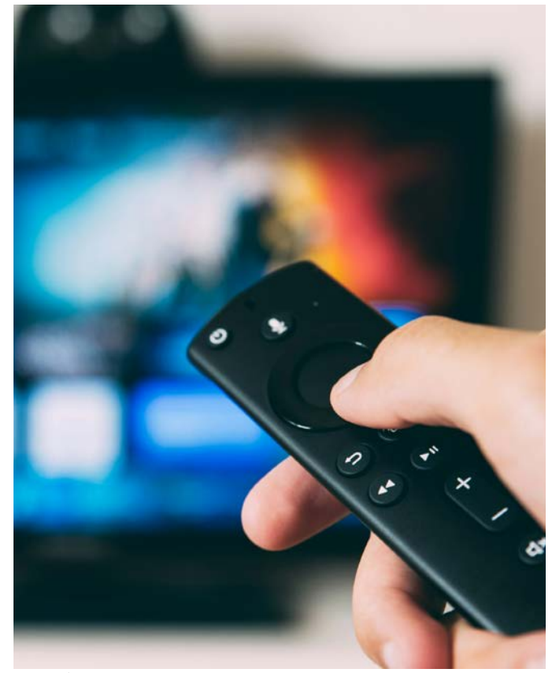
Description: Algorithm favors short form content: In this video, the user discusses the increased demand for short-form video, not only on TikTok but also on Instagram.

Evidence of Anticipation as Adjustment
Users like this create videos that speak to emerging stories about the future. In this story, the future of content is 'short-form' and quotidian response will be other users that follow and respond to these stories by producing or adapting to more short form content.

Anticipatory Needs & Insights: This reality speaks to people's needs to respond appropriately to their environment. In a digital space, proper response and adaptation can also be intertwined with relevance and monetary gain.

QUOTIDIAN FUTURES MANIFESTATIONS IN DIGITAL SPACES

This exploration now explores a non-personal realm into the digital environment. These are the digital futures we live without thinking about them.



Image[0]

- COOPTING

Description: Steaming platforms related to the movie theatre: streaming platforms began to offer the release of the content in streaming platforms a month or few weeks after theatre release.

Evidence of Anticipation as Justification
The story of the future that streaming platforms will kill the theatres or the content will be released soon on steaming, makes people make further assumptions that influence their actions. If the steaming platform produces the content in a reasonable time frame, viewers are more likely to wait, they might say, “I can watch it later when it comes out on streaming."

Anticipatory Needs & Insights: As digital spaces become more compelling people question the motivation for physical spaces, stores, and even meetings. Physical spaces and gathering must come up with stronger value propositions.

- EXPLOITING[11]

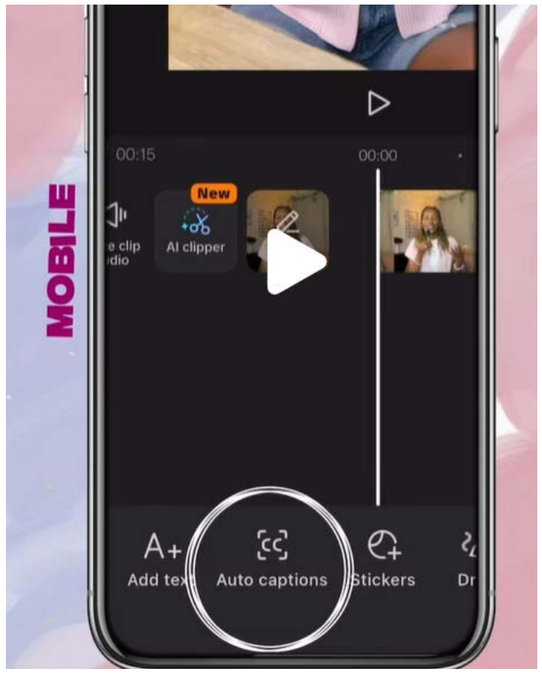
Description: Timed Posting- Algorithm favors certain behavior and interaction. Top content producers know how to use this to their advantage, leveraging peak hours, scheduled posts, and stats, to get the most interaction.

Evidence of Anticipation as Opportunity
The future is seen as valuable, and someone with an opportunistic mindset exploits this by taking advantage of time, and duration. Instead of house re-sale, they consider time a resource to game for potential viewership and interactional gains. Users make and debate the best strategies for their needs.

Anticipatory Needs & Insights: In the digital, space anticipation and opportunity are deeply related to currency, whether actual or social. Just as in other cases, urgency and risk are also still key components.

QUOTIDIAN FUTURES MANIFESTATIONS IN DIGITAL SPACES

This exploration now explores a non-personal realm into the digital environment. These are the digital futures we live without thinking about them.



- ADAPTING[12]

Description: Learning of captioning and added accessibility features: accessibility features such as captioning is becoming the norm for video content. Many creators who have this feature disabled are subject to questioning the comments.

Evidence of Anticipation as Reclaibration
Many creators learn skills just in-case and captioning is one of them. This adaption shows a recalibration to the norm of having video captioning provided for content. Having captions is almost the new norm among digital spaces.

Anticipatory Needs & Insights: In the case of captioning, this adaptation improves accessibility, but the truth of the adaption more likely has to do with relevancy and reach. Creators who cater to a larger audience have more relevance.

- CONFORMING[13]

Description: Trend Conforming: Many platforms such as TikTok and instragram show many people who use memes, popular sounds, challenges, dances, or hashtags.

Evidence of Anticipation as Expectation
Much of the social expectation of these platforms is built around engagement. Either active or passive. Pressure of participation play off social expectation, FOMO, or peer expectations.

Anticipatory Needs & Insights: In digital spaces, belonging can be cultivated much like in the 'real' world. People gravitate to groups that play out social scripts that are comforting, confirming, or familar to them.

QUOTIDIAN FUTURES MANIFESTATIONS IN DIGITAL SPACES

This exploration now explores a non-personal realm into the digital environment. These are the digital futures we live without thinking about them.

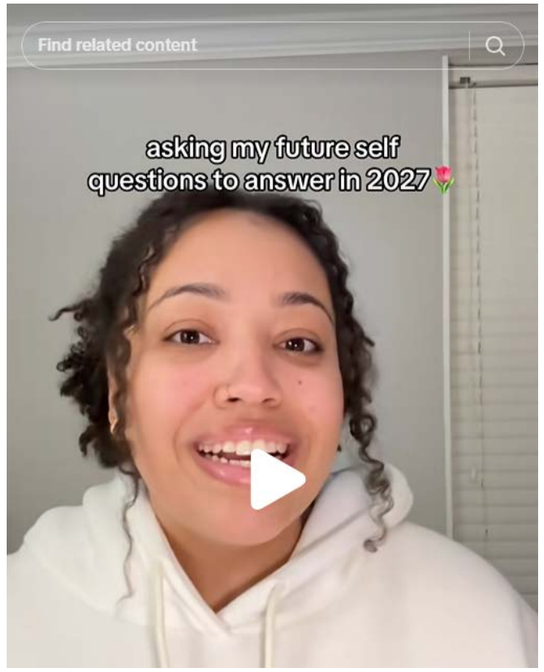
Image[R]

- EXTENDING

Description: Rinsta & Finsta: Many people have a real Instagram account as well as a 'fake' one. Sometimes the 'finsta' account is geared to closer friends, or exclusivity.

Evidence of Anticipation as Possibility
The possibility of the digital space and future for the individual is extended because the 'real' and 'fake' accounts allow for different and flexible engagement in the digital real and futures possibilities.

Anticipatory Needs & Insights: In the digital space, the contrast between the main account and other accounts reveals the varying needs of an individual in which sometimes they prefer to keep separated. It also speaks to the ways we authentically or in-authentically show up for our futures based on the creation of our digital images or social reputation. For some people, a finsta can also be about subverting expectataion or playing in the 'privacy' of exclusivity.



- SIGNALLING[14]

Description: Digital Time Capsule: A popular form of content is futures predictions, messages to self, and personal vlogs. This can happen outside the digital realm as well.

Evidence of Anticipation as Responsibility
One of the strongest arguments for platforms is to have a digital repository of one's own content. The platform itself is a timeline / time capsule, on top of this some people make videos specifically speaking to their "future self," an even more direct example of singalling.

Anticipatory Needs & Insights: Like other examples, in the digital space, the combination of documentation and legacy suggests anticipatory responsibility / obligation to the future self or others. It also reflects a self-evolved desire to have presence, legacy, and evidence of existence.

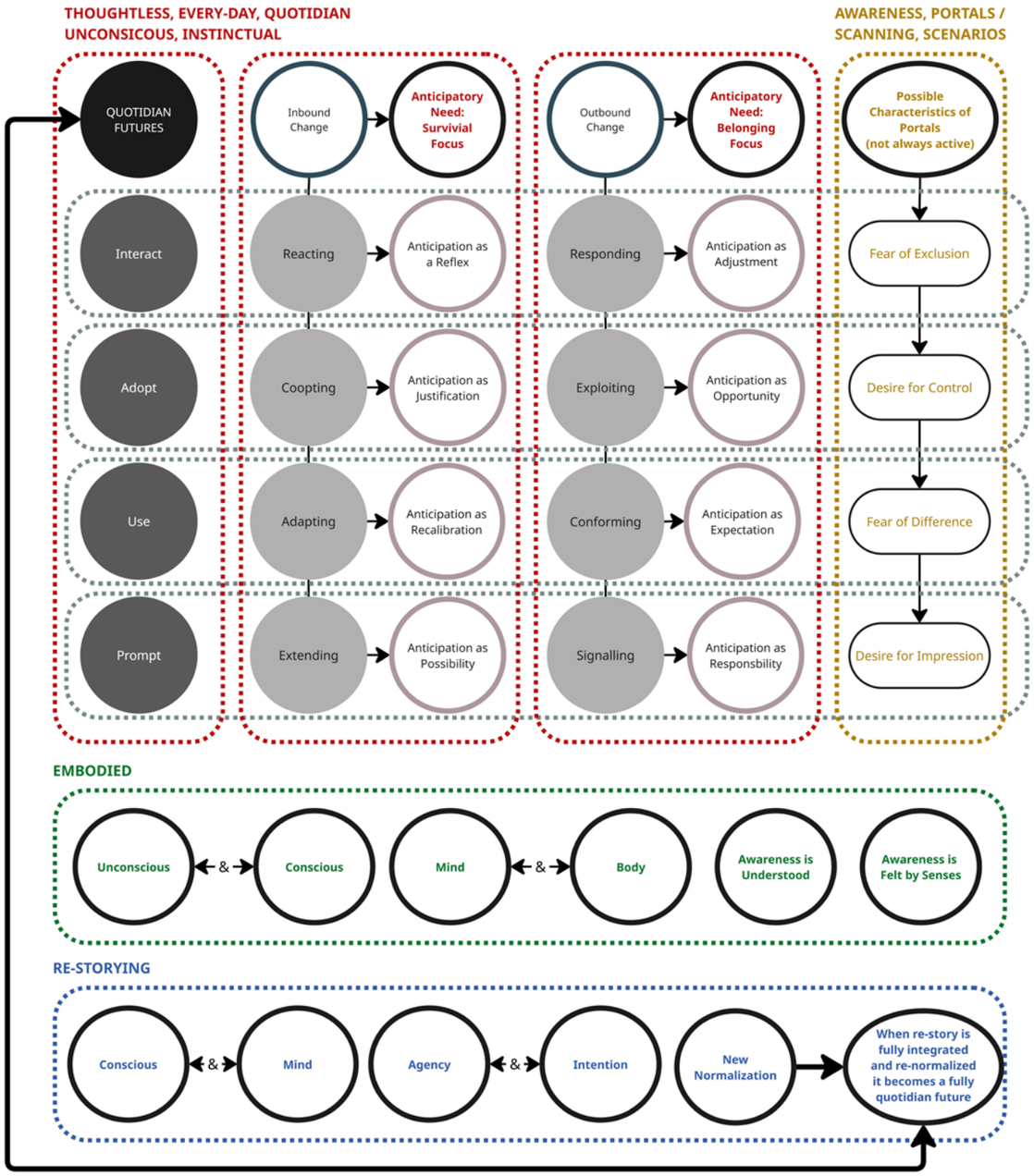
RE-STORY WITH LAYERS

NOTES ON POSSIBLE IDEAS LAYERING: STORIES, NEEDS, REALTIONALITY, PORTALS, AND RESTORYING

1. Interact
   - **a. Reacting | Anticipation as a Reflex | Inbound**
     - i. Preparing for a Winter Storm | Future Story: "___ is a possibility."
     - ii. Anticipatory Need: Survival, the need to survive a threat or novelty. The future is perceived as an attack or disruption.
     - iii. Relationality: Story of dominant narrative retreat into individual survival rather than communal care.
   - **b. Responding | Anticipation as Adjustment | Outbound**
     - i. File Archiving Method | Future Story: "The future is ___."
     - ii. Anticipatory Need: Belonging. Change behavior to match the perceived trajectory of the group.
     - iii. Relationality: Accept the dominant story's definition of "progress" without questioning.
   - **c. Portal or Re-Storying Opportunity if Chosen:**
     - i. Portal: Reacting and Responding are often driven by Fear of Exclusion.
     - ii. Re-story: Shift from defense to curiosity, questioning, community resourcing.
2. Adopt
   - **a.Coopting | Anticipation as Justification | Inbound**
     - i. Not Fully Unpacking or Settling in Home | Future Story: "The change will happen later"
     - ii. Anticipatory Need: Survival, using justification protects an instinct to avoid the pain of hoping and change
     - iii. Relationality: Justification can isolate the individual from need or community.
   - **b. Exploiting | Anticipation as Opportunity | Outbound**
     - i. Home Renovations and Value | Future Story: "The change will have value"
     - ii.Anticipatory Need: Belonging, adopt the metrics of success (profit, views) to signal we are "winners" in the current system.
     - iii. Relationality: Desire to create a perception of value to in relation to community
   - **c. Portal or Re-Storying Opportunity if Chosen:**
     - i. Portal: Coopting and Exploiting are often driven by Desire for Control.
     - ii.Re-story: what is a shared and more abundant relation to resourcing.
3. Use
   - **a. Adapt | Anticipation as Recalibration | Inbound**
     - i. Maggots Infestation and Refrigerator | Future Story: "Things will get worse"
     - ii.Anticipatory Need: Survival, a version of fawning where we normalize dysfunction, which keeps the dominant story alive.
     - iii. Relationality: Realize there is no normal just stories, if the story does not work, re-write it.
   - **b. Conforming | Anticipation as Expectation | Outbound**
     - i. Social Scripts and Expectations | Future Story: "This is how life will work"
     - ii.Anticipatory Need: Belonging, perform the "correct" behavior to avoid the shame of standing out or possible rejection.
     - iii. Relationality: We are connected by sameness. This suppresses the "Pluriverse"
   - **c. Portal or Re-Storying Opportunity if Chosen:**
     - i. Portal: Adapting and Conforming are driven by Fear of Difference
     - ii.Re-story: Belong by being different, or by creating a new kind of "we"
4. Prompt
   - **a. Extending | Anticipation as Possibility | Inbound**
     - i. Delaying Final Decision | Future Story: "What can the future hold"
     - ii.Anticipatory Need: Survival, stay in the "maybe" zone to make a potentially 'better' decision later. "The early bird gets the worm, but the second mouse gets the cheese."
     - iii. Relationality: Already fits portal, refuse to "close" the story, let go of need for full resolution when applicable.
   - **b. Signaling | Anticipation as Responsibility | Outbound**
     - i. Personification of the Future 'Me' | Future Story: "Who will see the later"
     - ii.Anticipatory Need: Belonging, need for connection, the need to connect with the future self/ others.
     - iii. Relationality: Good alignment, "constitutive relationality." We are in relationship with our future selves and ancestors, hold compassion.
   - **c. Portal or Re-Storying Opportunity if Chosen:**
     - i. Portal: Extending and Signaling are driven by Desire for Impression.
     - ii.Re-story: How can we use these acts to invite others into a shared future?

RE-DIAGRAM UNDERSTANDING

ITERATION.002 | REVISION LAYERING IN STORIES, NEEDS, REALTIONALITY, PORTALS, AND RESTORYING



SYNTHESIS

MAKING NEW STORIES

Much like meta-cognition brings awareness that can give insight and adjust thinking. Bringing 'thought' into what our 'thoughtless futures' are saying is about awareness that encourages re-storying our relation to everyday futures.

The ‘baseline’ is that which we act in thoughtless, intuitive, or embodied ways based on stories of our lives. I have conceptualized these as dimensions of thoughtless futures as “anticipation” or more immediate and instinctual forms of foresight. Throughout this journal, I have highlighted the “futures story” that emerged for me in each example. In many cases these were ‘stories’ I would tell myself related to the short-term nature of anticipation. When they were more intrinsic stories, they related more to inbound dimension of change (and needs of survival), when they were extrinsic, they seemed to relate more to the outbound dimension of change (and needs of belonging).

Then under analysis these futures stories slip into awareness ripe for analysis but also opportunity. This is where I become informed of my anticipatory needs and insights. This is also where I become aware of whether I am acting within dominant narratives, ontological dualisms, potential slippages, or emerging relational narratives. I believe these awarenesses then enable action by normalization of new instincts by embodiment and re-storying.

RE-STORY

SUMMARY OF PROCESS OR PROPOSED MECHANISM...

1. Thoughtless Future (intuitive act)
2. Awareness (revelation of anticipatory need)
3. Embodiment (awareness of relational narrative and potential portal = it is felt)
4. Re-Story (agency to act, very intentional, pair of embodiment and cognition)
5. New Thoughtless (new thoughtless acts become normalized stories / acts of life)

[Cycle Repeats]

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- IMAGES

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FORE 6359 - DESIGN FUTURES
PROFESSOR ADAM COWART

THOUGHTLESS FUTURES | EVERYDAY FUTURES | QUOTIDIAN FUTURES

This journal was created in fulfilment of the individual assignment requirements to observe and analyze evidence of quotidian futures.