Attention Autonomy Plan

Distractions / bad habits: _____

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"...attention may be the last resource we have left to withdraw." –Jenny Odell

Personal goals:

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Professional / educational goals:

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What strategies can I use to build algorithmic awareness & take back control of my attention?

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Attention Autonomy Tools

"Every technology is both a burden and a blessing; not either-or, but this-and-that." –Neil Postman

Not For You - https://bengrosser.com/projects/not-for-you/
- An automated confusion system for TikTok

Go Rando - https://bengrosser.com/projects/go-rando/
- Obfuscates your feelings on Facebook

Textbook - https://bengrosser.com/projects/textbook/
- Facebook without the images

Facebook Demetricator - https://bengrosser.com/projects/facebook-demetricator/
- A web browser extension that hides all the metrics on Facebook

Instagram Demetricator - https://bengrosser.com/projects/instagram-demetricator/
- A browser extension that hides all the metrics on Instagram

Twitter Demetricator - https://bengrosser.com/projects/twitter-demetricator/install-twitter-demetricator/
- A browser extension that hides all the metrics on Twitter

Safebook - https://bengrosser.com/projects/safebook/
- Facebook without the content

SimpleSearch - https://themarkup.org/google-the-giant/2020/11/10/introducing-simple-search
- Browser extension that highlights the "traditional" or "ten blue link" search results provided by the search engine, laying them over the info boxes and other content

DuckDuckGo - https://duckduckgo.com/
- Search engine that doesn't track you. *Also see DuckDuckGo's Privacy Essentials add-on for Chrome & Firefox browsers.

RegretsReporter - https://foundation.mozilla.org/en/campaigns/regrets-reporter/
- Browser extension that allows you to automatically send a YouTube Regret with the video and recommendations that led you to it - these regrets are submitted privately to Mozilla researchers.

Minus - https://minus.social/
- A finite social network where you get 100 posts—for life.

NPR's Joy Generator - https://apps.npr.org/joy-generator/
- Science-based app for small breaks that tap into positive emotions!