Cog-Erg: Change the Lens and Everything Changes (Version 1)

At its core, Cognitive Ergonomics From the Inside Out® (Cog-Erg for short) is not another collection of tips, tricks, or strategies. It is a new lens for seeing ADHD differently. Change the lens and everything changes.

Einstein's general theory of relativity overturned the long-held belief that space and time were fixed and absolute. Through this new "**lens,**" anomalies that once seemed impossible suddenly made sense. One example is GPS satellites. To remain synchronized with clocks on Earth, satellite clocks must be calibrated to run approximately 38 microseconds faster each day.

Most of us would reject this explanation if we were still looking through the old Newtonian lens because, from that perspective, time is fixed and cannot vary. The answer sounds wrong because the lens is wrong.

A similar challenge exists when attempting to explain Cog-Erg. Individuals naturally want practical applications and examples. However, practical applications are interpreted through the lens already being used. If the underlying assumptions remain unchanged, many of the practical implications of Cog-Erg will appear confusing, counterintuitive, or simply wrong.

When the lens changes, things change, revealing the obvious which before wasn't so obvious. Cog-Erg reveals many legitimate intangible accommodations (such as cueing and direct oral conversations) that have been **hidden in plain sight** for thousands of years.

Executive functions are invisible. Why would we expect the accommodations that support them to be visible?

Cog-Erg: Change the Lens and Everything Changes (Version 2)

At its core, Cognitive Ergonomics From the Inside Out® (Cog-Erg for short) is not another tip, trick, or strategy. It is a new lens. Change the lens and everything changes.

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Most of us would reject this explanation if we were still looking through the old Newtonian lens because, from that perspective, time is fixed and cannot vary. The answer sounds wrong because the lens is wrong.

A similar challenge exists when attempting to explain Cog-Erg. Individuals naturally want practical applications and examples. However, practical applications are interpreted through the lens someone is already using. If the underlying assumptions remain unchanged, many of the practical implications of Cog-Erg will appear confusing, counterintuitive, or simply wrong.

The problem is not the application. The problem is the lens through which the application is being viewed.

Before the practical implications of Cog-Erg can fully make sense, the underlying paradigm must be understood. Once the lens shifts, the applications become more apparent. In fact, many solutions previously hidden in plain sight become difficult to miss.