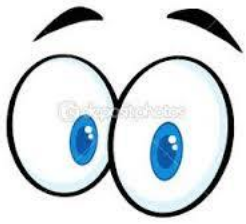


## Vision is the Bully of the senses



Circumstances which can trigger this erosion of our awareness of our sex and love addiction are so frequent and numerous that we need to be able to “ground” any sexual and emotional ambiguity which has started to undermine our stable functioning. No matter how far we have evolved in sobriety, we are never beyond reach of temptation’s siren song. — SLAA Basic Text, Page 127

I used to watch a television program that was popular with everyone I knew. I started to identify with one of the main characters and wanted to live a “free” sexual life like she did. I realized it was opening the door to my disease and making me think I should leave SLAA. I had to put that television series and any like it on my bottom lines. SLAA State of Grace Daily Meditations September 16



### Vision Basics

- When eyes are open over half of brain tissue and brain electrical activity is devoted to vision
- Vision is the dominant sense: providing the brain with over 80% of what it knows
- Vision tries to persuade our brain that what it is sensing through vision is the only reality, whether its perception is accurate or not.
- Imagination or fantasy is experienced in the same part of the brain as vision
- Vision guides and directs learning in either a positive or negative way.

### How Vision bullies the brain

- Most “magic” relies on visual illusion, distraction
- Eye witnesses to crime are often the worst witnesses
- Media, advertising and packaging plays with vision in their selection of images, colours, words
- Good looking sales people sell more
- “He didn’t look like a serial killer” - charming good looking serial killers fool their victims

### Vision looks for patterns: we see what we want to see

- Eyes look for word patterns when reading, we don’t read every letter.
  - Example: “we have no other options” - Some see “options” a minority sees “opinions”
- OPINIONS is harder for the brain to read than Opinions

### Everyday language recognises how vision can be problematic

- Appearances can be deceptive
- It’s not what it seems on first looks
- Don’t judge a book by its cover

“Vision is the Bully of the senses .....the brain has to almost stop, figuratively, and weigh the visual input (against all the other senses) to be assured that the perceptions we’re processing is accurate. As kids might say these days, “Vision Rules!”” Neurodevelopmental Optometrist

