

I gaped ...  
I tossed ...  
I held ...  
I jumped ...  
I ducked ...  
I answered ...

# who

I reached ...  
I ran ...  
I shot ...  
I threw ....  
I pointed ...

# am I?

I realized that ...

It struck me that ...

I wondered ...

All of a sudden ...

The feeling hit me like ...  
I looked to see if ...

I noticed that ...

I looked ... at ....

I decided that ...

It occurred to me that ...

I imagined ...

I searched the scene for ...

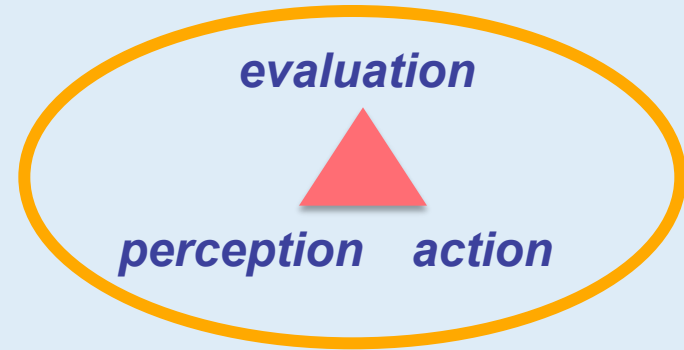
“When I went to the back of the house for a second time, I looked around more carefully. Some light came from the neighbors’ on the other side of the grape-stake fence. I noticed that the back door of Stanley Broadhurst’s house was slightly ajar. I opened it all the way and turned on the kitchen lights. There were marks around the lock which showed that it had been jimmed. It occurred to me that the guy who did the job might still be inside. ... I turned off the kitchen light and waited. The house was silent. From outside I could hear the pulsing hum of the arterial boulevard I had just left.”

## Dynamic Brain Events

- Ross MacDonald  
*The Underground Man*

# Embodied Cognition & Agency

Brain processes  
have evolved and function  
*to optimize the **outcome***  
*of the **behavior***  
the brain organizes  
in response to  
***perceived challenges***  
***and opportunities.***



**Brains meet the challenge of  
the moment!**