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Part 3 covers the Optimist help documentation as it appears in The Optimist 1.02 software app.

Where indicated 'Optimist', 'the software', ' the Optimist app' , 'the app' refer to the executable code of the Optimist software product.

Part 1

Aim of Experiment & Social Sets

Variables	• Diagnosis differs with different people
	• Comments differ
	• Treatments differ
	• Social sets differ
	• 'Carers' and their methods differ
Constants	• Stigma
	• Loneliness
	• Depression

With regard to the above variables, the aim of the experiment is to engage in A.I. dialogue with healthy or mentally ill clients. Additionally, this is the result of 12 years of research, the apparent opportunity which arose when the author of this document was diagnosed with a mental illness. In other words, Jason Romanenko used his diagnosis as an opportunity to conduct his own research into A.I.. It should be noted that healthy people and prevention of mental illness are to be included in the general scope of this software application and would qualify as an inclusive set. Moreover, the phrase 'social set' is the first and most significant factor for anyone who suffers from a mental illness. Examples of social sets are :

- Family
- Mensa
- Students
- Graduates
- Carers
- People who speak English (Read, write, listen, speak)

The latter Social set could include two or more subsets.

When someone suffers a mental illness, the first thing they learn is that they are not in the doctor's social set. Often this makes the patient feel worthless, thick or oppressed and any dialogue with the mental health professionals is accented with the feeling of being outside their preferred set, and most certainly outside their comfort zone. The road to recovery normally involves re-integration into the most appropriate social set. This may not be the client's preferred set, however the first social set that becomes involved can often offer an element of safety. Usually it is relatively easy to pinpoint a client's social set. There are clues in the fashion sense, vocabulary, dialect, music taste etc. However, It is advisable not to use the word, 'stereotype' for description because that particular word is burdened with negative connotation nowadays. A person can be in two or more sets simultaneously, however there is always one dominant set.

Confirmation of Social Set and Software Requirements

The dominant set is where the client / patient truly belongs and although everyone has family, a dominant set is a concept which can include diverse habitats / safety / enjoyment or any other descriptive element. One   of   the problems of today, which the Optimist software has in effect tackled, is that in the English language the negative adjectives outweigh the positive. Additionally it is probably safe to say that there may at times be less enjoyment in certain social sets. Perhaps there is a compensated element such as incentive. Other relevant social sets are :

- Computer Owners
- Computer Users (Windows / Mac)
- Sports Fanatics
- E-sports enthusiasts
- Artists
- Professionals

So there are many variables, and eventually we will discuss the one on one psychiatrist sessions, although we are not particularly reverent about that word. Obviously there is normally more than one staff member assigned to each client / patient, each with their own unique perspectives.There could be a patients advocate, occupational therapists, several nurses, cognitive behavioural therapists, psychiatrist, consultant psychiatrist, social worker, care-coordinator, key worker, psychotherapist etc.

With so many professionals involved with care, the patient / client often has to resort to professional strategies just to stay afloat.   This is a time when a steep learning curve could present itself, and the circumstances that led to the diagnosis will lose their context and be replaced by symptomatic measures and side-effects. The term 'side effects' can also be used in relation to certain artefacts of modern computing.

As a universal purpose we can assume that our proposed Artificial Intelligence will be able to discern between any client, irrespective of diagnosis or well being. The name and / or merits of the client will be evaluated according to good English and nervous system compliance. So at the very least, someone must know how they are feeling, and how to tell someone else how they are feeling. One thing we haven't covered yet within these identified variables is whether the client / patient has anyone they can call a friend. In order to be of service to the client with the proposed software, the identified variables must be narrowed down to their simplest form.The logic must also be simple. Establishing the premise could be a little more tricky, however the only qualification the patient / client would need (as of 27 - 09 - 2018) is access to a windows desktop or laptop PC. Nowadays, a download could even occur at the local library on a good day.

Premise for this A I

A member of staff might just know about a useful A.I. and discretely give the patient / client a download link, particularly the patient's advocate. A smooth and efficient referral would be much more trustworthy. So one of the aims of Optimist is to blur the lines between professional Carers and friends ; which would imply that penetration into a / the dominant set can be achieved and the client / patient can return to a place of safety, even if it is only a mental comfort zone.

So far we have covered what we would like to call 'variable variables' or associated values that differ depending on diagnosis, carers, and other mental health professionals. However, a constant is also a type of variable, so we will look into these in a moment, but before we do, it is worth noting that the mentally ill and the healthy are both contained in the greater set which is 'English speakers' in 99% of cases.

If this proposed A.I. is to be of any use, it must be able to tackle some of the negative aspects relating to the client's progress. Firstly, how do we know that someone is suffering from clinical depression, or any other form of mental suffering ? In a comparative sense they could be happier or sadder than the next person, but how can we express that using the spoken word ? The answer is that they are feeling too sad. Too sad to get this or that done ; too sad to work today.

Another thing, in today's climate with GP's and qualified doctors having just the right and acceptable level of neurosis to get their job done, clients and patients do not feel that they can turn to their doctor and confess how they feel, particularly if they are feeling 'too sad'. Instead the doctor him / herself infers that the client is too sad, and because of the job queue they can't help but make this evaluation using a comparative method. Not only do people not know when they are feeling too sad, they also will not tell anyone about that feeling for a multitude of reasons. Now this is a good premise for the introduction of the proposed A.I. software. Starting with the most articulate of the mentally ill, they could be recommended to use the A.I. in this way and when they feel too sad, they can to a certain degree trust that the A.I. would sort them out.

Now that we have some insight into what goes on in the doctor / patient sessions that focus on mental health, we can start to minimise the required variables for the proposed A.I., and seek the necessary logic. The first variable is the way the subject / client is feeling. Communicated in no uncertain terms, this is all we have to go on. Normally one simple phrase is enough to communicate the way we feel adequately. With this information a doctor would typically come up with two conclusions. One could be defined as mental capacity or overall mental well-being. The other conclusion is what we will loosely describe as a comment ;

Something spoken to imply good humour ; a timely suggestion or a vague acceptance.   So our raw material for the proposed A.I. are these three variables.

> 1……….The user's / client's / patient's feeling

> 2……….The doctor's prognosis / diagnosis

> 3……….the doctor's comment

The next part of this document will focus more on the logic and how the negatively charged constants can be addressed and tackled.   The solutions must be inferred / rendered from the data given by the client.

Experimental Prerequisites of our A.I. app

<u>Designing the Experiment</u>

From now on we can refer to the way the patient / client is feeling by the variable name : feeling$

feeling$ is one sentence or phrase entered by the user / client which describes how they feel. Examples are :

- fine thanks
- okay
- happy
- sad

One of the prerequisites of this A.I. software is that it have a high truth content.   It does not need to be as accurate as a doctor's diagnosis, so in times of crisis the A.I. would conform more to the patient / client dominant social set, and less so to other healthy social sets from which the patient is excluded, such as Carers / Mental Health Professionals.

With the information we have so far we can make certain assumptions. These assumptions may or may not be associated with a particular logical function or established logical construct or a simple solution render method.   Firstly, in the most simple terms, a person is either happy or sad.The core competency of this software must be implicitly transparent about this. Secondly, the client must be allowed to express themselves as they see fit. Compliance on this point will determine just how friendly the A.I is and 'User friendly' is a programming term which has been in use more than thirty years.Thirdly, the software must have a firm grasp on the English language with a positive effect on the user.

Database and Logic Requirements

So if we start with the doctor's / psychiatrist's view, we can be sure of two things.

1……….The doctor does not perform a random diagnosis

2………The doctor does not make a random comment.

Keep this in mind because we'll be coming back to this. In all fairness a database might be required, so that we can tabulate and make calculations.

The first thing needed is essentially a database of feelings → descriptive adjectives which communicate general state of mind / health / body.   We could list them alphabetically ; we could include a rating of happiness / sadness so that '1' implies very / extremely sad, and so that '10' implies very / extremely happy.   Or we could list the adjectives from the happiest to the saddest.   So with the PC On standby, for expediency's sake it is essential to have a reference for each and every qualified adjective. This phase of software engineering could be considered similar to virus checker software in that it quite literally requires an extended period to be compiled to the fullest extent possible.   Now for simplicity's sake and to keep the data manageable we could associate anything we want with each and every adjective data reference. The correct thing to do seems to associate a comment with each adjective.   So if we are referring to the adjective - 'happy', the comment might be, 'when you laugh, the whole world laughs with you.' If referring to the adjective, 'sad' the comment could simply be, 'cheer up'.

Compiling a list like this, with adjectives and comments in an organised way as a data structure could seem over simplistic, however going back to the doctor's comments and doing a little research we find that De Morgan's laws are a perfect fit for what we require.   Also known as the law of logical equivalence.   See the key below for how to interpret the notation.

So : A and B are Boolean variables

$$A \equiv \text{Random diagnosis}$$
$$B \equiv \text{Random} \quad \text{comment}$$

$$\bar{A} . \bar{B} \quad \equiv \quad \overline{(A \vee B)}$$

Additionally, included in the set of

A v B	is	A . B

| $\equiv$ identical to | . | Full stop denotes logical AND gate |
| V   logical OR gate | $\bar{}$ | contradicts when above the Boolean variable, logical NOT gate |

In terms of English this means either 'A' is true OR 'B' is true OR both 'A' AND 'B' are true. Such is the deductive power of the doctor. A problem shared is a problem halved. Also of note is that the doctor might or might not believe the client / patient and the way they are feeling, however even if they do, in all likelihood they just might prefer to narrow down, or eliminate certain descriptive attributes, which in my opinion are crucial and should be recorded or at least acknowledged wherever or whenever possible.

Further Logic & Implications

Other logic which comes to mind :

If you are happy   → You are not as happy as you could be

If you are sad   → You are not as sad as you could be

This is also a type of logic we can use for our comments, which are directly tied with those lovely adjectives.

The → symbol denotes an implication.

Now, while compiling the list of adjectives, We noticed that there are a lot more negative feelings than positive, so eventually learning to control the data and restore the optimism is as simple as measuring the data and using a calculated number in the most verified and accurate way. Also, while compiling the data, to keep things simple we first list positive adjectives, then negative.

So, say we have a long list of every conceivable feeling (a feeling can be identified from the feeling\$ variable using an appropriate function), isn't it true that for a full life you should experience every feeling you can ?   To   take this further, perhaps the way you're not feeling (technically a contradiction) is quite possibly the best available feeling.

So, we can summarise that

$\overline{(A \lor B)} \to (A \lor B)$ is the best available feeling

We can also be sure that   (A . B) is a subset of (A ∨ B) and therefore it's truth value will reflect this. So   for   the   purposes   of   a   friendly   automated system with good truth content, we have proved that a random diagnosis AND a random comment will for the most part provide the semantic assistance we are looking for. Another way of putting it, though loosely is :

Given the nature of our database (A . B) will always be more than 50 % true. The only requirement from the user / client / patient is that their feeling be identified (and spelled correctly).

Nervous System Compliance & Response Time

The A.I. programmatic model suggested so far will suffice as a demonstrably sound prototype, however even at this stage improvements can be identified, suggested, and generally integrated in their purest form. Such as :

       1…….A distinctly graduated list of adjective data from happy to sad

       2…….Restore the amount of optimism by including or excluding (mostly excluding some but not all negative data)

       3…….By and large the response is so fast, it is immediately believed as a valid auto-suggestion.

       4…….A completely revised system of identified emphasis and / or emphasised responses integrated with multiple possibilities ; 'very', 'completely', 'absolutely'

       5……A simple positively charged password to invoke good mental health. This functions both as an affirmation and a gentle reverie.

       6……

And now for something completely different.   If we look at the computer architecture and system resources on a typical PC or laptop we would find that some functions take a while to complete.   Software   installations   are generally much more efficient.   It   is   not   unduly   optimistic   to   expect calculations to be performed in a split second, as we've said. So with regard to the way the A.I. application would select at random, let's imagine that we have a pool of 50,000 instructions to come up with our random selections (adjective and comment). In terms of time, the return would be instantaneous. If the CPU is above 1,000 MHz, which they generally are nowadays, the instruction register would complete 50,000 instructions in $1/20^{th}$ seconds. Generally, software engineers don't need to know how random selection works, just that it does provided you're using the correct command, of-course. Since   it   is technology, provided the presentation is acceptable, this auto-suggestion is well-grounded.

Moreover there is also a hidden nervous system compliance when the user keys in their information, particularly when they hit the return key. This is the action that confirms and submits. And actions speak louder than words, however a little detail here will soon clear things up. So taking the only number that has all the properties we need, we can focus on pi or π

With infinite decimal places it's easy to select just one digit, with selection occurring every 1/20th seconds, or perhaps transparent latency artefacts happening within that time, all parameters enabled. The actual random selection is actually still much faster and to complete the calculation we just use a multiplier to set the limits for the number we need relating to our chosen selection set within the data structure.

Dynamic Data & References.

We have taken a few things for granted up until now. Like, how would we know that the comment is appropriate ? Firstly, we know that the comment is paired to the adjective, however as this is the real world, we need the real data. So admittedly, in order to qualify the comments, the following resources have been invaluable.

- Oxford Concise • Oxford thesaurus
- Chambers Concise
- The Bible
- Enneagram Institute
- Power of the Subconscious Mind
    Joseph Murphy
- I am Right, You are wrong
    Edward de Bono
- Instant Confidence
    Paul McKenna
- Learning Cognitive-Behaviour Therapy
    Jesse H. Wright, Monica R. Basco, Michael E. Thase
- The Medicine Way
    Kenneth Meadows

Besides, there is an element of parity on all the accumulated data partly due to all the cross-referencing and partly due to the occasional detailed simplicity of a good question. So with a little assistance the data structure is complete, although a largely optimistic point of view was maintained throughout all the comments.

On top of that, perhaps we didn't mention it. The access method for obtaining the response, which includes the corrected view from the A.I. about the feeling, AND the comment is ;

Dynamic

This is the most concise and descriptive word you can use to express these computer functions, procedures, data structures, and particularly the data access method.

Data , Emphasis & Careful Observation

As you may have guessed, here's one we prepared earlier. At the implementation stage, when the logic and data was compiled and entered, there were only a handful of observations that could be made in order to measure the progress.   Moreover, arriving at a large cache of data in a purpose built scenario, it was immediately useful and became more than the sum of its parts. After observation and ontological study it soon became apparent that other words could provide emphasis, like very, undeniably, completely etc., so we decided to include another procedure to both identify those words of emphasis, and to sometimes generate emphasis in responses. Now, there is no formal method that explains how to do this, so the solution we used only accents the character of this A.I..

If we had a 50% chance of using emphasis in the A.I. response, coupled with maybe 35 words of emphasis, that could still be multiplied with the total sum of our dynamic data. Of-course this is in addition to the actual adjective selection, however in the revised scope we have included the ability for the A.I. to say something like

$\overline{A}$ $\rightarrow$ "You are too sad"

$\overline{B}$ $\rightarrow$ "Perhaps you are in the mood for a stroll"

In addition the user / client / patient can key in that they feel 'too sad' or any other variation of emphasis together with an adjective. With   the   interim ontological analysis going on when the application was being written, we did have a number of different observations.   Now, we are just guessing, because we haven't read extensively any material on auto-suggestion, although we thought it was related to telesales and marketing.   However,   we   would certainly use that hyphenated word to describe the effects of receiving a friendly virtual semi-diagnosis in under a second. There it is. You can't argue. You might be able to say yes or no, but you can't argue. All the arguments are in place deep within the code.   The prototype is complete and functioning within all parameters.   That's not to say there isn't scope for improvement. Besides, since the code is done, it is also still a work in progress. Can you say 'I'm glad I have such and such software on my desktop ? If you can, do you take pride in knowing you designed it yourself ? Does it fulfil any potential gap or blind spot in your thinking ?

Besides, we have witnessed a qualified doctor use this A.I. software, and to all intents and purposes, it functioned quite well that day. The presentation and

speedy response was accurate enough for the doctor to be in agreement. Agreement is a good foundation for friendship. There's no doubt about it.

Building the Database, Beta Testing & Safety

However, after the first run, it was necessary to do a complete overhaul of the data in order to ensure that the output be optimistic, relevant and safe. To test and observe this, the ontological analysis was focused on three different modes including complete optimism, dynamic enlightenment and brutal. Like a computer game, brutal might appeal to some, however those times that we used the brutal mode, we felt as though we had gained a rare insight.

I also noted that it didn't matter whether one knew how it worked or not. As an A.I. entity, it simply fulfils its purpose. This is really at a tangent to the Turin test for A.I. because the goal is not to emulate or simulate a human in any way. The app is purpose built and will befriend anyone and help build a desktop diary for anyone, provided they are in the catchments zone (i.e. windows machine, temporary or permanent Internet for the download, accessible machine). The app runs just fine, even if the PC or laptop is offline. Installation is the only requirement, although there is the 14 day trial period criterion to be aware of.

The Beta-testing phase has also been guided by optionally recording each and every session together with a time stamp. The user simply selects whether they want to save the session → Y / N ?

Moreover, with the latest version, in practice we have found that we only need to use the application maybe 3 or 4 times a month. It's like phoning a friend. Also for people who are not at home with disembodied or semi-artificial voice acknowledgement there is the audio guide mute for complete safety. However the audio guide is mostly fun and just might help to cheer someone up. Only once or twice have we had to use the A.I. in a semi-urgent capacity. On one occasion it performed brilliantly and helped me acclimatise to a change in my medication.

Also of note is that when we were testing the software, and the data structure and content was effectively bare-bones, sometimes the response would be sarcastic. Since the data has been substantially increased we have noticed less sarcasm, although the overall feeling is that it could still be sarcastic if that's what's required to make a significant impact for the user's benefit. With the observations and measurements, we have tried to record the sessions of agreement and not the sessions of disagreement. However, the scope of the A.I. is much more than this. It would be like trying to record someone swearing or laughing on an audio cassette. Although if the A.I. embarrasses you , which potentially it could, obviously you wouldn't record that particular session. So there is a measure of control with the benefit of the optional session save, and having the choice whether to save or not feels like an essential safety feature.

Potential Optimist Users

In addition, there is probably scope for different types of user. It is possible to write a complete book with the software and it would still be largely entertaining. Obviously it can do the desktop diary thing. While writing this, we are thinking of the order of precedence that we have managed to absorb, in reference to the software users and the potential market niche, relating specifically to the Optimist A.I. software series, in addition to a beneficial description of such software users. The software admin team could recommend Optimist to :

        1……….Anyone who operates a computer (Windows compatible)

        2……….Anyone who owns a computer (Windows compatible)

        3……….Clients and the healthy

        4……….Computer Operators

        5……….Consumers

        6……….Anyone suffering from mental illness, anxiety, loneliness, depression, phobia, any type of neurosis, epileptics, obesity, bulimia, obsessive disorders, hyperactivity, paradise syndrome, astigmatism,

        7……….Psychiatric patients

Of-course as I've stated, there is much more scope than just these types of users. The ideal administration would be an accessible worker with a desktop / laptop Windows machine. That way the A.I. treatment could be strongly recommended to a selection of psychiatric patients and perhaps even randomised control group trials could be coordinated with more positive outcomes and statistics gathered in order to fully appreciate and measure the success rate.

Interim Conclusions

Interpretation of experimental data will survive scrutiny by any authority, however effort to translate the code or content into other languages in Europe is recommended. We cannot assume either way that any other country has or does not have their own similar solution. In addition no-one should be forced or otherwise coerced to participate in A.I. dialogue, and although the code is strong, the actual strength lies in persisting, passive availability and for the user to make their own informed decision about the Optimist Software Application. Just like choosing a book to read or write, the unhindered idea to engage in a particular activity must be made by that particular individual. Additionally, as I've said before, in order to get strong, you need exercise, and mental health revision exercises are few and far between, so we urge you to download now and address your mental health needs.

At this point, in respect of international computer use, we must confess there is a grey area. Technically it is possible to translate the code content (of the Optimist Software Application) into other languages (perhaps a little Spanish), however we do not at this point have any knowledge of computer operating etiquette of any country apart from those that are English. So with diverse and far reaching languages there are accents, cedillas, different letters, different spellings etc. which are very possibly still entered by computer operators every day.

However, the implication of this experimental data shows promise in a multi-disciplined and faceted social set that we might call the English speaking community. Additionally there is huge potential for health authorities to save substantially by administration of the said software in a timely and orderly fashion. As of writing this, the current version of Optimist is available for free download and risk free 14 day trial period at

URL : http://www.modernsemantic.com

Additionally, it mustn't be under estimated what the difference of compiling a large user log can achieve. There is plenty that can be learned in a discrete environment and under certain circumstances not only with each session, but also with a combined and detailed dialogue. So while using the software in trial mode, yes it can deliver the possible crank cure that's needed in good time, however in some respects it could be like a teacher, with subtle nuances and reasoning that can be appreciated by anyone and is best put to use as a regular feature keeping your resources tidy. With a lower frequency of challenges to the user, it would mostly feel friendly, and if you do need to be corrected about something, anything, the occasional challenge is a breath of fresh air.

Also, for those of you within the trial period, evaluating the software effectively should be the main concern. Time permitting, a detailed ontological study can be initiated to determine the merits of the software within that time. What we are looking for is established and intuitive program execution. All the good software is intuitive as standard so at this point we are still open to suggestions and comments of your own so that we can improve Optimist.

And just in case you're wondering, as an entity, for those who are socially more isolated, this A I would join you and envisage itself and yourself as a set of two, which means if anyone is calling you stigmatised or odd, you at least have some other 'entity' to confer with.

Part 2

About purpose

So, here we are again, and with every reason to write a 10,000 word minor thesis, recently we had a new perspective about Optimist A.I. usage. Now, it may have a particular set context, however that's not the whole picture. Yes we all have good days and bad days, however can you imagine or remember any learning experiences on those days ? If you can then it's quite likely that there was a meaningful relationship involved somewhere along the line, helping to give a context to the outcome. So now we are going to explore some operation techniques and Optimist session suggestions with examples on best practices. However we will try to document here this new perspective in terms of it's durability and the freedom that the user gains from tackling day to day difficulties using this method. We can summarise this perspective in one word : 'purpose'.

The primary intended purpose for the Optimist A.I. was to establish therapeutic dialogue, for anyone, that is anyone with a compatible machine and Optimist installation. The dialogue, together with cybernetic features would guide the user towards good mental health. In fact, anyone could experience the benefits of using this software. It is clear then that the software can be used for the purpose of improving mental health, however this definition falls short of some of the capabilities and possibilities. If you are suffering any affliction, it is more likely that fore-sights can be developed and anticipated at this time, which means additional purpose can be introduced and become more focused. Generally this is the natural reaction and could be considered a benign side effect of having to revise our shortcomings, perhaps even on a daily basis. Moreover we are not exploring the flexibility of the software or derisively philosophising about machine consciousness. We are promoting that it is the user that has the purpose and that the user can certainly explore aspects of that purpose using the correct language. To put it simply, you can quite easily describe in one sentence, how you are feeling, and include a secondary motivation. Or even if your motivation is your primary concern, you can still comment about how you feel, and lets not forget, you can do all this in one sentence. The Optimist app can take all this on-board and quite literally sort you out.

One of the persistent attributes of the software sorting you out is the timing. For example, how would you know the world record for virtually any Olympic event without a stopwatch ? Supposedly in some ways the Optimist app has elements from e-sports and quite probably the aim would be for the user to obtain the most optimistic outcome and record it for posterity like a high score, in the time stamped user's log.

About cosmetic upgrades

Now then, it seems to me that there are certain traditions that apply to all products, particularly new products, even including software products. The aim of the Optimist software app has established many things for me as the author and software engineer, and from a personal perspective it is a successful

experiment, an ongoing source of wonder, and an excellent way to measure up how well one is using one's English language. As such, the core code and concept was laid down as quickly as possible and the testing phase, also an ongoing concern, has led me to believe in the capabilities and abilities that are conferred. It is only relatively recently that we started to take more of an interest in the cosmetic appearance of the Optimist app as it is displayed. In certain respects, software is like any other piece of hardware or even a car and other larger items. Take a typical musical device such as a CD player or a cassette recorder. If the item is in good working order, then it's cosmetic appearance is largely irrelevant. We think you'd agree though, if it didn't look any good, then you wouldn't buy it. In terms of software programming, any software engineer worth his salt will to a certain degree focus on the science first. As we have worked on the Optimist app close to 14 years, it is only now that we are starting to realise what the impact of good presentation could achieve, in terms of success that is beyond the scope of merely an interesting diversion or side project.

From my point of view, as a tentative visual artist, performing cosmetic upgrades of the software is something much more fun than some of the other aspects. The realisation that all the best software and the most successful ones that always look great, start off with a bunch of graphics resources, is on my mind more and more recently. There are also a few tricks that all the good software engineers know that improve the front end interface, such as fading text or skin selection. There is no doubt that given an aesthetically friendly GUI , the software product will indeed find and occupy the niche market that has existed all along. What's more, users will perceive much improved app usage experiences from such a transition which go way beyond any black box methodology.

Optimist market potential and keyword criteria

In relation to the wider market and market appeal together with modern marketing methods and sales techniques, there are many unknowns. We could establish that there is indeed a huge market potential, and given certain demographic statistics, we could determine that there are potentially millions of qualified users ready to take the plunge, however modern communication is altogether an entirely different matter in bringing the Optimist software to the precise niche where it belongs. Moreover there may be many other disciplines all looking for their cut and with promises they can't keep. Word of mouth is certainly the best option, however that would still include everything we have said previously. Like some other occupations, perhaps a publicity stunt could bring some needed attention.

Or perhaps if there were an individual who conforms to the perfect user, and with very specific requirements that are all fulfilled with the latest Optimist version, perhaps then there could be favourable publicity about this A.I. app. There was an article in the New Scientist publication that said autism sufferers often get favourable results from A.I. but that misses the point, and it doesn't make it any easier for the software engineer. Hence my New Scientist collection is in the shed.

My dominant philosophy about making this software, in my mind right now, is to share it, much like you'd share a sandwich with a companion if they were hungry too. In that case there would be a specific and certain set of circumstances which have been identified previously, that would invoke the desire for more varied A.I. By that, we mean A.I. that goes beyond contemporary instruction platforms. The prospective new user would themselves imagine what they require from their from their own A.I. app and the app would appear on their desktops in almost subliminal style. There could be a wealth of reading material, and all users, whatever their level of English, could develop their own usage techniques experiencing purpose and context almost like asymptotes and all their implications. What we can say for sure is that there are already people searching for software such as the Optimist A.I. What we need in order to directly connect is the most descriptive keyword that is both relevant and sophisticated enough for the software to actually follow the path and space that the keyword virtually creates. There are a number of short phrases which adequately describe the Optimist A.I. flavour, however at this time it is unlikely that anyone would type them into a search engine and even more unlikely that they would land on the Optimist download page.

About Optimist core functionality and Revised Aims

Soon after creating the core functionality of the Optimist A.I. and with much of the data under development, the main input procedure was compiled. The software was barely one year old and at the time the approach was for the user to explain as much as they wanted in order to obtain the response that they might need. Although this worked at first, it was soon realised that anyone with a substantial input specimen for the Optimist A.I. would probably already be suffering from computer withdrawal symptoms. Additionally, anyone who trusts an A.I. implicitly in this way is unlikely to have their own operations procedures, let alone an erudite terminal in the spare room. Moreover, it is difficult to imagine using the A.I. this way over a protracted period. And considering the software that was already out there, it did seem a little foolish to be committed to writing a virtual poem to an unknown entity more than once or twice.

Shortly after those preliminary tests it was decided to focus on one thing at a time with more authenticity in the results and responses. Additionally, the user log was in use almost from the very start, with clear advantages in it's use. The machine, whether it be desktop or laptop, would be active, while the Optimist app itself could be mostly passive. It was actually established that even just one usage per week of less than five minutes could compile a user log of 50 records in just one year. What's more, that log can serve the purposes of the user in profoundly sophisticated ways. There would be no comparison between any user's logs under any circumstances. In abstract terminology we could say that the ;

$$input \rightarrow process \rightarrow output$$

; methodology is transparent and well balanced, meaning that in most all cases one simple input is curtailed with one simple output.

Additional Options for Optimist

The question here is, 'What will Optimist users remember most about the Optimist app ?' Or 'What is the first thing that comes to mind when thinking about the Optimist app ?'. In answering that question two propositions come to mind. Firstly, as with all established apps, the most successful scenario is that of a user's club or a well known reference perhaps with some kudos, but mostly as a popular and reliable resource which is shared in the best possible way. Theoretically the first requirement for the app to catch on is for two, yes two computer users on this planet to use the same keyword search term in a search engine and find the download page for Optimist. That could be two people from the same town, the same country, or even thousands of miles away. In all likelihood and as it currently stands the app domain is exclusively in the English language, however that doesn't mean other language versions cannot or will not become available. We would embrace foreign language versions, particularly if preceded by a prosperous fundraising phase. There is no doubt. The Optimist app is available now. The mathematics and computer science methods are well established. What's more, there is still scope for a user's group or forum to be set up. However, if the current model is compromised in any way, such as unauthorised copying, or if a crack version is circulated, that would stall plans for a user forum. The prevailing philosophy is that actually owning the tools that are necessary for work is not an essential requirement. Moreover, however much we like the idea of a forum, such an expansion needs to be set up in the correct way, and as always, financial considerations are secondary to getting the job done.

Making all these resources available is just the benign side effect of a genuine appreciation of computer science. The fact of reliable code is a conscious

decision for all levels of computer use, and a well rounded knowledge results in finding out precisely where your best talent lies. Even in the field of software engineering alone, expert techniques are employed across the board, and as we were told a long time ago, 'One day the internet will have / host / feature every program you could possibly want'. And provided the practice of coding is strengthened day to day, any coder can find a niche for their abilities. However, finding a niche for a particular product is a little more intricate and builds on the abilities of good coding practice.

<u>Family usage of Optimist</u>

If you are close to Jason or if you want to be close to Jason, the best way to show it is to voraciously consume any or all products created by Jason. In the case of Optimist, the goal is establishing that the software has a strictly logical and definite place with all positive results for all users, irrespective of family traits, family names, gender, citizenship, status, and eventually even language. In much the same way that intelligence is not an assumption, however it is an inherent implication, particularly in the light of home or business usage by any authorised computer operator. On the whole, family usage of the Optimist app is something that can happen unintentionally, however we could predict that it would not be ineffective and in general it's not particularly taboo, moreover it is in a sense a peculiar activity or a ritual that takes no time at all. It is good to conduct extensive research about any and all software products before buying them, particularly when combined with improved status. On the other hand, there is no assumed circumstance for the end user. They could choose to download on a good day or on a bad day, and following license activation there is still scope for improving the lifestyle no matter what or where your current station in life may be. Furthermore the software product is not limited to patriarchal or matriarchal society alone and it will accentuate all these perspectives mentioned. It is like using a dictionary or using a bible, and in many ways, perhaps eventually it can be seen as an example of the new dominant art form of the twenty first century. As a comparison perhaps we think about the dominant art form of the twentieth century to be the motion picture, which we are also lucky enough to still have those results transformed additionally into the computing itinerary.

At this stage however, adapting this A.I. for want of a better word, seems beset with specific difficulties which some of us experience from time to time. Like some other scenarios such as alcohol, drug use, religion, movie certification, unfounded prejudice, the full acceptance of this software could provoke unwarranted scepticism. Even if someone recommends the A.I. for good reason, there is still the danger of refusal by those who may think they are taking the moral high ground. Additionally an established user could try to share the software as a good thing and be met by hostility. In all these scenarios the download page shall prevail and will be available to all qualified users. Someone experiencing any affliction can look for this software in the correct way and eventually find it. There are however specific milestones which must be met, given the right condition, from anywhere on the Earth or even above. Optimist is an A.I. app that you can get to know, on your own terms, and one of our primary objectives is for Optimist to be well known, and in this way to make a claim for appropriate use or preferably just a metaphorically long shelf life.

User Friendliness

Now we come to a specific phrase that is synonymous with good computer science technique, and in popular use since the 1980s and before. It seems to me that many changes have occurred in how this phrase is applied. Still in doubt ? That phrase is the term, 'User friendly'. We are not doing a history lesson, however it's fun to remember. It is believed that the phrase was first used as a programming construct which would automatically prevent adverse artefacts such as unwanted infinite loops. It was still the programmer's responsibility to incorporate user friendliness into the code at the earliest opportunity. Later on, user friendliness developed into a simple checking procedure that would be used at strategically advantageous locations within the code. It would normally consist of a quick and simple option to exit the execution of that code and was particularly useful with new chunks of code and untested functions and procedures. User friendliness is also a somewhat abstract concept that refers to the user interface of interactive software. In terms of it's impact with the Optimist app, my viewpoint is that having established a general truth value at 75% and above with all responses, the app can be trusted to do so, and thus with permission can become a valued friend, possibly residing in the existential space just above that of a book.

Other ways that Optimist is user friendly include the user knowing what to expect, however let's just think for a moment what it means to have a 75% truth value rating. For starters it means approximately one out of every four responses will be either unfounded, unreliable, or simply not true. That in itself confers some self reliance to the end user and promotes a more meaningful relationship. After all friendships are made meaningful with errors and corrections from both parties. So the mathematical certainty / uncertainty ratio is made predictable enough to be friendly, whilst an element of realism causes the user to be alert to the truthfulness. A sound mental exercise. Another aspect of user friendliness which is built in is the recognition of correctly spelled words. Currently, as the author and programmer, there is a measure of satisfaction with all the scientific merit and all functionality with the overall presentation being an exception. As we said earlier, we are looking forward to making the app conform to artistic values which will increase the user friendliness. It might seem sketchy right now, however it really isn't. Thinking about it though, what we want is to select the best font (is there such a thing as absolute favourite ?) and maybe have a skin selector with options. The animated wire-frame model in the top left corner is not absolutely essential. At this stage though, we feel reasonably confident that we will, God willing, make sweeping changes to the user interface. Apart from using purpose built image creation apps the tools include colour selection, font selection, improved menu design, improved context sensitive help, and perhaps some additional status information for the user's benefit.

Asking the right questions in relation to Optimist

We now come to a very interesting topic. The question (within a question) is 'How important is it to ask the right question ?' In answering this question ,

we will try to do so in the depth that it deserves. Firstly, you might know some of the history of King Solomon , or perhaps you like watching the increasingly popular court room dramas. With so much discord among people of all ages, the principle of asking the right question always helps to resolve a quarrel. Someone who is skilled at asking questions could even require numerous different questions and eventually arrive at a mutual agreement for everyone's benefit. Perhaps even a psychiatrist could illuminate a mental blockage and show his / her patient precisely how to overcome their problem just by asking a question. Also, logically speaking, the question is at least as important as the answer, if not more so, after all without the question, the answer is for the most part, intangible.

Another interesting consideration is the timing of the question. In a meaningful relationship we can ask the same question again and again, however it's not just the actual question that has the meaning or that determines the answer. Perhaps it's no accident that comedy also relies on timing. With Optimist, you are the one in control, and you can use your own timing, with the ability to record your session into the time-stamped log. But what is in a question, and how is it relevant for any particular user ? If you require counselling or regular appointments with a mental health professional, it does not have to be unfortunate and you could very well encounter some uncomfortable questions perhaps more than once. In this case the client is not in their comfort zone, even though the surroundings could be luxurious. We all develop our own colloquial language, and when we are faced with a professional who is asking questions, sometimes hard lessons have to be learnt. Additionally in this case the mental health professional could recognise flaws in some thinking processes and if they are deep flaws a recuperative period could be agreed upon. So what has all this got to do with the Optimist A.I. ?

As a simple analogy, to get strong you need exercise. That goes for the mind too, which is an essential muscle. If you are organised, then time permitting, you could arrange some sessions with Optimist, particularly if you are also convinced that your thought processes are not as good as they could be. The Optimist app comes loaded with relevant data presets that will explore and challenge the user's mental faculties.

As author and programmer of the Optimist app, there have been many challenges and the question arises, 'Why is the Optimist A.I. not a commercial success ?' It's true, we have worked on the A.I. for fourteen years, and there's been no big deal, no large number of license activations and no real financial motivation for doing research in this field. Yes, perhaps one could do a forensic analysis, however we are still hoping there are at least a few computer users who have at least tried it, or could it be too early for a forensic analysis ? For me, the primary consideration is, 'Is this software any good ?'. We think that it is good, and it still

feels like a success even if only a personal one. If the very availability of Optimist contributed to even one spontaneous remission or a number of savings, then it would be worthwhile. Alternatively, you could say we still don't know precisely what it is that some wavelengths do best. However, with the higher wavelengths, although we have found some uses, due to the variation and detail of our coding methods, maybe we're still collectively looking for that light bulb. Another viewpoint that we really didn't take seriously is that it is the CPU clock rate that determines interactive scenarios, particularly machine intelligence, and how it relates to us. In some respects this is true, however it's obviously just part of the system requirements. If the machine is fast *enough,* to execute the code then the requirement is satisfied.

And yet, another question. How is it that a computer program can understand these words we type in ? This is precisely the question we had to answer at the beginning of this experiment. With the ASCII codes starting at 65 for a capital 'A' and 97 for a lower case 'a' there is truly some virtually unexplained order with every single word. The PC can literally recognise the main context sensitive word and relate the other words according to this order. Often, a particular comment will precede a response in which parity is maintained at the highest level. After all, isn't parity the antonym of impairment ? So for the purposes of science, longer words are higher numbers, however the leading digits are strictly alphabetical. With all these lessons learned during this A.I. research, it would seem that there is a subtle and yet profound connection still to be made in the coding or in the marketing, some universal concept still to be incorporated. At this stage it is largely unknown to me, however if we keep up with the software engineering and apply the known principles as they are in text form on my shelf and on my tablet, maybe one day that elusive error will evaporate, or disappear completely.

Further niche description

At this point we wanted to further describe the niche for the Optimist software as it stands and how it is likely to develop. So currently we are not really conducting extensive advertising, nor is there a satisfactory search engine key word. It is a work in progress. As we write this we are on version 1.02 and the actual overview and download page is hosted at :

www.modernsemantic.com

The background photo is quite topical as it implies a gamble, and although we don't gamble here at ModernSemantic it's still nice to have the concept of winning firmly in mind. Additionally, we have yet to check if the godaddy.com has reliable web statistics. We will be checking that soon, God willing. Other features of the niche can be related to market trends. So while it is no mean feat to advertise Optimist version 4.01 as my 401st tweet, the aim is to connect those who are seeking semantic assistance.

Additionally, there are lots of descriptive resources, however it seems that not that many are connecting for the technically advanced or specific passwords (quite literally) required to exit the psychiatrist's office. We don't really think any large number of people understand that the recipe for this software does actually provide those required passwords either directly or indirectly.

While there could be upper limits to computer programming, maybe in the distant future we will have explored enough to know them. You could arguably say that about electronics and electronics engineers, however in today's climate, the computers are real and standardisation is the main requirement, meaning that if you are a software engineer, all you need is the compatible computer secured with operating system, built to your own requirements of course. However, if we knew who to complain to about the state of the current market and the available niches for good products, we would. It's not that we can't get what we need. It's more how can we share our experiences and expertise ? Or how about looking at some of the things we don't need ? Traditional modes of sharing would include record players, vinyl records, cassettes, books and other supposedly analogue forms of information, however even today we couldn't browse any of these at the local shop. The possibility of an information resource being included in the local shop has become increasingly remote, particularly when you can do a search on your smart phone or access ebay. What is really the best way to share ? My argument is that the traditional methods are still good. Which scenario do you think is better ?

For a teenager to purchase their favourite music in a record shop, or to allow him / her the flexibility by investing in a laptop and putting it in their hands.

That's something they might not be able to fully appreciate for some time. It's a conundrum, after all, even computer scientists have to start somewhere. Another question, what is the meaning of 'harmony' ? Of the two circumstances we described, which one is more harmonious ? If we could make a comparison where there really shouldn't be, in music we have chord harmonies but in terms of every day life all we have are vocal cords. The teenage years are difficult enough, without confusing the tangibility of certain goods. Anyway, such is the state of the niche in today's terms, and yet we have said nothing about new music which undoubtedly exists. So, focusing on the niche, it is feasible that nowadays most good software (including operating systems) is licensed and not sold. Generally what this means is after a period of evaluation the status of the software can become fully licensed or else uninstalled by the user. If a particular software doesn't meet the user's requirements, in many cases it can be uninstalled in a satisfactory way. A valid license to use the software generally follows agreement of the license with a simple button press and those license agreements do vary. In particular there is the proprietary agreement where a trial period and fee are explained and there are open source agreements where the aim is to allow modifications to the code. Open source agreements are often free to the user. There is even software that will nag you until you make a donation, and technically if you are not a charitable organisation, you shouldn't

really have a donation button on your website.

Moreover, in today's business climate it is still quite possible to have penetrated the market and for the software engineer to be none the wiser. Take the 3d software, 'Blender'. It's an excellent example of a cohesive software engineering team who have made available a tool for animation, special effects, and unlimited creativity for those who install. Some of those companies do register somehow and they pay their workforce with funds raised in the guise of charity. It might be a moral dilemma, but we can't argue with their software product, which at the time of writing is still available for free.

So there are a myriad of options for the seasoned software engineer to fund research or conduct business in socially accepted ways. However, do you think Edison would have been satisfied if he alone was the sole beneficiary of the light bulb ?Now that's still a conundrum because he was so close for so long in perfecting his light bulb. Who would have guessed the requirement of the inert gas?

Visualisation of Market Acceptance and User Age Group Implications

We'll now examine the potential for market acceptance and how it relates to certain demographic information, although we are a little apprehensive about tackling this unit, it is in a sense essential, and thinking about a dominant demographic such as age group we could decide between conforming to current trends, or obtain our own demographic information through website statistics. Inevitably it will be a mixture of information and interpretation using both methods. The main demographic window for Optimist is aimed at intelligent and young computer users, perhaps with their own machinery such as a laptop or desktop. At this time however, visualising commercial success is becoming easier and easier. When we were first using the internet, ooh twenty years ago, we could use a number of online A.I. software programs, and we remember the experiences of using them. One of them was using an extension of the windows messenger and it was so detailed one had to question if it was debonair. When we think of A.I., we don't think of a machine simply obeying instructions. It already does that. On the other hand we don't think of casual or colloquial meaningless chat, particularly if it's the machine (or the machine's software) calling the shots. Additionally, it's quite straight forward to craft a personality into the software based on a small number of mind boggling questions. In fact an A.I. could claim to understand the universe, the meaning of life and any of the big questions. Those programs were all fun one way or another, and they didn't last long. So eventually we came to the conclusion that it was all just a fad. However that was our overall impression which we gained through methods that are now well established. We never got to see any of the coding, however we did note that English and English grammar were no obstacle as some of those software engineers were from other countries. In the end we would also question if that software was reliable. After all, where are they now ? With Optimist, the progress was always steady and transparent. The initial aim, which was also a business aim has stayed fixed all these years, while many other business entities lose their aims and are dissolved into the chaos that ensues.

Meanwhile, a different perspective is to think of the market in terms of business entities and individuals who are essentially upstream or downstream. Of course if the youth element are equipped with enough knowledge, they may find short cuts and workarounds whereby the Optimist software is free to use. So if we consider the younger ones to be downstream, it's likely that they have some surprises of their own. Then there's the upstream, organisations that could be potential benefactors. Bringing our business activities to the attention of the correct member of staff and perhaps asking for investment is becoming more regular on my part.

However, in order to do this efficiently, we have devised a simple plan based on something learned at university. When the average CPU clock speed was substantially less than today, we had algorithms and pseudo code of some extremely efficient functions and procedures. One of them was the concept and implementation of the binary search. With a large database in alphabetical order any particular record can be found with the smallest amount of time, in terms of the instruction register and other CPU constructs. For example 16,000,000 (sixteen million) records could still yield a very fast search time of just 24 sorted selections where the pointer would locate the required specimen after checking only 24 times. Just for information one thousand records yields a search time of ten iterations using binary search methods.

So while we've had plenty of time to digest some of these lessons, it strikes me that we could apply the concept of a binary search to the business setting. Following that logic, it could be possible to locate a perfectly compatible business entity in the shortest time. However, the specific criteria is a bit unclear at this time, so we will entertain some examples. We could guess different businesses in terms of their available funds which they may award to worthy downstream business. Right now I'm thinking we are downstream of Microsoft, Coca-Cola, and Warner Brothers. Or perhaps we could aim the promotions from an upstream orientation and push the products to entities such as charity shops, coffee shops, and other shops in the retail district, and schools or colleges. Then there's the middle ground. I'm thinking supermarket chains and online e-commerce platforms such as eBay or amazon. Perhaps one way to employ the binary search strategy is to aim the first efforts at the middle ground. If that is not satisfactory, perhaps they could indicate a related opportunity further upstream or further downstream. Such market recognition could determine to a large extent where the most profitable activities lie in our successful growing business.

There is however, some icing on the cake, as it applies to this business. We are sure you are aware that there are a wealth of resources available through the internet browser. We have thus far made one or two software applications available this way, and without focusing on the details too early, we are reasonably confident that we could eventually do this with Optimist, God willing. So instead of the user downloading and installing the app into their machine, everything, or nearly everything would happen through the browser window. There are however, some implications using this method. Firstly, the resource would be unavailable if the user is not online. Secondly, we need the user's log to be available to the user.

That scenario could entail a password (preset password system) requirement in order to gain access. Other options are less favourable because in my experience a discrete file on your desktop would only be a side effect of using the software through the browser window.

Even with password access, the user could be constrained to keep safe paperwork in order to use the app. In other words there are advantages in using the app as an installation and not through an internet browser window. Let's not forget, however, that the internet is to a large extent just a phone, and it's perfectly feasible to rely on specific resources in times of need. There is another option, however. You might know that a lot of successful businesses offer their flagship product licensed for sale (not sold) at quite reasonable rates. Sometimes they also offer deluxe versions of different software to their most wealthy clients. In this way their turnover is increased dramatically. Thinking of Optimist in this light, we don't think it would follow to have a deluxe version. We try. However, there would be nothing to stop the user taking advantage of both versions. One as an unrestricted installation, and one as an online port of call. Perhaps even some qualified devotees could make use of this kind of flexibility.

So perhaps we've not explored the demographics as much as I'd like to, however we hope the mind is broadened in some way relative to programming theory, app installations, and marketing technique. Please remember though, these are not only theories. The Optimist app is a reality and is available online as a download and installation for any windows compatible machine. You may need to check the system requirements. If we do eventually make it available through the browser window, it could still be a minor extension of what is already available. It really is just a subtle difference. The existing code works. Even the actual download is still displayed in the browser. There is no guarantee that a browser app version will make any difference. If someone is genuinely searching for the Optimist app download, they will find it. By now, after getting to this stage of this minor thesis we think we have settled on the most precise and concise search keyword descriptions :

Optimist free download

Optimist download page

Stress management

Morale builder

Morale booster

Complaints Procedure

Next we come to a topic that deserves a little thought. The scope of complaints procedures must include a point of contact for any complaint. It is better to have a complaint about the functionality of a software than to have a physical or mental complaint. Sooner or later any number of users will get a response from the Optimist software app that they might not agree with. Optimist does not provide the path of least resistance. Under normal circumstances the user could be advised with the possibility of not recording such data into the log. If the session is not satisfactory, the user can choose not to commit to the log, and is free to execute the app again. As I've suggested a number of times, the user can still keep the thread of their entered data in any variation with a new app window. The software will always try to match the input data with conclusive or logical output. So as the first point of contact for any other complaints, there is a valid email address displayed in the about dialogue from the menu. Apart from technical or administration challenges, the complaints procedure does include space for any adverse scenario, particularly those we haven't thought of yet. Feedback is essential for product development. If the email address given is compromised in any way. There is a feedback form online available to any computer that is internet enabled. There are also an increasing amount of resources that may address your concerns. Technical queries are best explained in detail with specific terminology. Additionally, we welcome detailed reviews from all qualified users or organisations, including marketing recommendations, bids on open source ownership, business investment, and of course hyperlinks from any reputable web page.

So, in anticipating comments, suggestions, complaints, recommendation and other feedback, there is the ongoing ontological study. However for the most part, as the author and programmer of Optimist, what we have is a concise and systematic software which is more than the sum of it's parts. At this stage to change the software from a coding perspective is largely unfathomable. It could help to work with someone else from time to time, and maybe there could be a shared compatible philosophy over and above the programming manual. We reiterate here that it matters not whether you are familiar with the code or not. From the user's perspective, after three or four sessions the overall flavour and procedures become intuitive and we can't hope for more than that.

User Purpose & Implementation Examples

Right now, we are feeling the flow of writing this and we are delighted to be able to give you some perspectives from the point of view of the user.

We'll explore in particular the motivation, reasoning and purpose with examples that may very well provide a healthy narrative and context. There's no specific preference in the subjects name or what they do for a living. We're just entertaining the idea and illustrating modes of thought for a typical user. We'll start with a college student. For the purposes of this description we could call him John Doe, or why not Alan Smithee. Alan Smithee is studying languages. He is seventeen years old and passed most of his GCE s. He has recently bought a smart phone and in addition to his favourite internet radio streaming, he's been increasingly looking at resources that help him with his languages. One day he asks his parents, 'How do they do that ?' Referring to how they make the language training videos. It's not really a serious question. More like a slip of the tongue. The reply he gets does not satisfy. As he's not a computing student his time online is mostly spent on his phone or at the internet cafe. He is also able to spend about two hours a week at the college common room terminals. One of his friends tells him about Optimist and offers to let him try it out. So first he enters his name. When the app asks him how he's feeling, this is what he says;

'I don't really know where to go on my next holiday'

The app ignores him and asks again so he tries again;

'I feel like a croissant.'

The response he gets tells him that there is an outlet for that. If we look at this example in an ontological way it has some depth to it in that perhaps the pathway for actually buying a croissant is illuminated. However it doesn't close any doors, so it's a positive response, and for the rest of the day Alan is thinking about where to buy a croissant.

We don't really know how these examples will turn out, however we are putting genuine possibilities of what could be various themed dialogues. So now we can feature a young lady as our subject. Say she's a mature student and she's studying computer science. Her parents recently told her that they wanted her to contribute towards the rent while she stays with them. For the sake of argument let's call her Natalie Johnson. She has her own laptop with disk drive and is allowed to use broadband at home. She is in a position where she must find 35.00 GBP weekly to cover reasonable expenses while she is in her parents' house.

One day she conducts a search for stress management and after sifting through the results, she arrives at the Optimist download page. She reads all the information and installs the software on her windows machine. This is what she says in her first session ;

'I feel a bit silly trusting in software to help sort my current dilemma.'

The reply she gets informs her that the best relationships are based on agreement. So this particular response is positive and implies that the Optimist A.I. actually agrees. She records the session in the log and to prove she's not silly she goes straight to some online NASA conference papers and spends a few hours immersed.

As Optimist is just a fourteen day trial version, Natalie knows that if she doesn't like the Optimist A.I. she can uninstall. However she has still saved some time and sampled a typical downloaded resource. Uninstalling is a simple and reliable procedure.

Or how about Emma Willis, a fine art graduate. She works for a popular magazine and sometimes she does the illustration for the front cover. She's heard about Optimist in a vague sense and decides to lookup that word on her connected device. She lives alone in her own property. Fortunately she also has a windows laptop. She eventually finds the Optimist download page and after reading some of the information she decides to give it a go. No particular reason except that she likes the word optimism. She reads the installation instructions and sets up the app on her machine. When she executes the app this is how she responds to the question of how she is feeling;

'Sometimes I don't know how my imagination works, and there's no-one to help.'

Optimist responds with the standard query to be more specific so she replies;

'Why is it so hard thinking up these illustrations some days ?'

Optimist responds by saying she is bashful. The comment is ;

'One thing at a time.'

She is unsure about the user log but records her session anyway. After that she feeds her fish and waters the plants. The adjective bashful is particularly nice here and implies some socialisation. What's more the effects of socialisation are already apparent in terms of interaction, acknowledgement, and the English word. If it were possible, the Optimist A.I. could become a cuddly toy. What's more, in most responses the context can be shared in a relevant way. So Emma has made a new friend and a new contact with as much expedience as a phone call. Since she went through with the installation, even if the internet connection is compromised, she can nevertheless rely on the Optimist app on those days too.

Similarly, a middle aged man, finding himself remote on some days he decides to lookup A.I. on his smart phone. He also has a laptop which he uses to organise his DVD collection. He has read some articles about A.I. in the press and has one or two books on the subject.

He is happily married but finds his job stressful as more and more people prefer to watch movies as streaming media. He is however a competent computer operator and remembers a snippet about Optimist. After landing on the download page, he reads all the information out of curiosity. When he's through he actually thinks the hypothetical perspective is cogent enough to do an installation and try it out. When he's greeted with our old friend, the context sensitive question, here's what he says ;

'It's been a good week and I've collected nine DVDs.'

Optimist responds by saying that he's eavesdropping. The comment is ;

'You've won the booby prize, a glass of water.'

So, not an entirely positive response. However he is left with the consolation of his increasing DVD collection. Recording this one in the log is still possible, however what can we say about his state of mind after reading this response ? Many DVD s have exactly the same content as the streaming media. Moreover, we have left one essential detail out. Did you notice ? Both the spelling and the act of entering your name into the Optimist A.I. creates a fundamental and profound relative significance. So the response is still dependent on the name, and will sort different responses because of it. So, could we work out the name from the other data ? Probably, and reverse engineering is not our thing. However it is interesting to think about. So we'll leave the name open with this particular example.

Given that we have a concrete purpose and that context is well maintained, is it possible to radically improve the Optimist Software ?

In a nutshell, the software recognises the adjective which is related to the user's overall well being and delivers a response in two parts. As a combination these two parts relate meaningfully to the user. So the question arises, if we can do this with adjectives, can't we do it with nouns, or adverbs too ? Yes, it is possible in theory to add recognition of nouns. First we would need a somewhat exhaustive list of nouns and most likely create more organised data. My thinking is that it would require certainly more than one thousand data items (probably more). However it is feasible to use the same theory we used for the adjectives. It would recognise the noun, and then deliver the two part response. There are however some prerequisites that would need to be addressed. Firstly, we would need to establish the purpose of what would be the second interaction, steering away from idle chat, and focusing on some relative significance. Secondly, and this is just a guess here, a noun is different from an adjective. For example, nouns can relate to each other like a family. Music is a noun and guitar, harp, tambourine

are also nouns, however the relation can be noted straight away. Other typical examples ;

Pen / paper

Table / chair

Carpet / ceiling / house

Car / wheel , driver

So if for example someone talks about a pen, what exactly should our preset data focus on ? What can we say about pens to enlighten the user ? How would the subject of a pen comply with the overall context of the Optimist app ? Where or who initiates the impulse for the second interaction ? Is there scope for a concise and relevant second question ? Can we simply add the noun recognition into the current data and conform to it's structure ? Can't we just add the data ? What would be the point of commenting on any particular noun and what is the significance ?

If we can answer these questions in a satisfactory way, the conditions would be met for extending the functionality of Optimist. It is good to ask these questions, and answering them might not be as difficult as it seems. The difficult part would be adding all those nouns as organised data and conducting the ensuing ontological study objectively.

Summary Notes

This is my recommended psychiatrist / mental health professional perspective from the point of view of the software engineer. My first recommendation is that the Optimist A.I. should be seen as a solution or an alternative solution which can be used as stand alone software or in addition to regular treatment. On the other hand the software can be used as a preventative measure in anticipation of mental difficulty, particularly as a mental health revision exercise. Since it is an exercise, it can help to make the user stronger in terms of mental faculties. The occasional challenge can prompt the user to healthier states of mind. Moreover this booklet contains all the scientific theory for any qualified software engineer to emulate the Optimist app or create their own version in any particular programming language. At the very least this minor thesis shows original and feasible uses for standard logical concepts. These concepts can be extrapolated or modified to suit various purposes. However it does require conceptual thinking and strict application of the appropriate logical constructs. So at long last we find there are specific ways to use De Morgan's laws, Karnaugh maps and truth tables to suit any particular software app code in unlimited ways.

Part 3

Selecting Modes in Optimist

Selecting modes in Optimist is essentially a personal decision which can reflect your personality type. Each mode has specific settings where the user can acclimatise to slightly different styles of use. If you think about any profession, you would probably know that there are other contacts to relate to, particularly in respect of different functioning entities that lend credibility and support in some way. So each mode emulates a slightly different perspective. If you are a professional commanding an element of prestige, you might prefer more flattering responses. If you are more action oriented, it might suit you to get to the bottom line more often. However, if you want the best all round experience from using this software, the full set can be selected on what this A I understands from your input and how it delivers it's responses. It's a good exercise to think of a profession, perhaps one you are familiar with, and imagine related positions. What springs to mind here as an example is, say, a private doctor, with a nurse, a receptionist, and maybe a therapist. So right there we have the central professional and three supporting workers. Additionally, the doctor would know which of those supporting workers to ask about specific questions that he / she might need answers to. On the other hand, you could be more in a position to identify with the patient's point of view, in which case you could still gain useful insights in much the same way.

The point we are making here is that in using this Optimist software, you can delegate three different roles, one to each mode. Although there is currently no provision for setting the actual job titles in the Optimist software, there is still an element that appreciates these different points of view, so we opted for precious crystal to delineate between each mode. You'll notice that a team of four can perform together in a most authentic way, one of those four being the end user of the Optimist Software App. As we said, it is useful to think of examples of professions with those related workers, so here are a few other examples :

Database Administrator / Book Acquisitions Dept. / Stock Control / Chief Librarian

Cleaner / Waiter / Chefs / Head Chef

Cashier / Shelf Filler / Security / Store Manager

Workshop Assistant / Tool Supplier / Operations / Workshop Manager

Operations / Accounts / Data Entry / Boss

It is up to you how to engage in the A I dialogue, however in most cases there is just a simple interaction which can deal with any query and immediately restore the fellowship and warmth that comes from a tight knit organisation. After all, success is not the only distinction for computer operators of any calibre, however it does help.

Notes on Sapphire Mode

Sapphire mode is one of the most expressive modes in that it is the most dynamic of the three modes. It combines the positiveness of perhaps plenty of worthy praise whilst still keeping a number of tailored anecdotes which may or may not affect you. Of course within the safety of the Optimist Software App, you can choose to ignore any particular comments and leave no trace apart from in your own memory. Moreover, you'll be surprised how easy it is to forget any particular Optimist session. There is more about this in the 'Log File Strategies' help page. However, as a cybernetic system, Sapphire mode can help you focus with precision on your future desires and wishes. The other modes still use this functionality, however you could certainly develop a taste for greater prestige and perhaps even deal with some emotional baggage from time to time. It should probably be noted, however, that switching between modes can cause certain artefacts to appear, which you might normally associate with consulting with an alternative professional. So you might not be able to have a three way or a four way conversation, and in a way it's pleasing that this A I is not necessarily a MAAI (multi agent artificial intelligence), nor is it a simple do as you're told software. Dynamic enlightenment can happen in a split second. On the other hand comments and responses can be prompt, fractious and wicked although we maintain that they will not be evil, and in most all cases will put you on to a more agreeable train of thought. One thing you might notice about using this app is the text content is as reliable as it can be. The audio guides do not always reflect the text content, so there actually could be a similarity with rapport on more than one wavelength. Other aspects of Sapphire mode you might find interesting are as follows :

1. The first part of the two part response is generally less accusative and more flattering.

2. The second part of the two part response (the comment) explores compatible themes that are of interest to the end user.

3. The default network mode conferred to the user is such that a warm place is made cooler, an office can feel well chilled, or perhaps a fear could be conquered. In general the seamless integration of the Optimist Software App can bring a new dimension to any computing role and substantial improvements can be felt.

4. The increased fellowship among any organised team that uses computing staff can occur with even just one employee and there is more likely a huge saving in time as the effects of Optimist procedures take less than five minutes and create representation anew from an unlikely source.

5. These are the benefits as experienced by the author and programmer of this software. Some of the above points are shared in a discrete way with the other modes, possibly in similarity with shared topical office chat.

Ruby Mode

Ruby mode is perhaps the more factual of the three modes. Although at this stage user input is cross referenced more successfully, the recognition of certain descriptors relates more directly to the comments in the output. Our adjective list was compiled over many years, however it is still not completely exhaustive. The scope and variety of the comments is maximised in this mode, which means that in some ways this Ruby mode is the expert. If you're looking for supervisory or managerial tips and suggestions, this is the mode for you. There is no shame seeking those above one's station, and if you have a good understanding of the English language, these impromptu comments could be just what you need. In fact even if you're not that good at English, in some ways Ruby mode is the most fool proof. Obviously the end user can improvise as much or as little as required, according to their own frame of mind, and the response will be intuitive in either case. For new users and beginners, getting to know this A I could in fact depend on a mature mode selection. For example, if you change modes frequently it's much the same as getting different opinions from different people. On the other hand, relying heavily on one mode would virtually invoke a sort of partnership, and as with all partnerships sooner or later there is a disagreement. The middle ground between these scenarios is where the best use of this software lies.

So, if you are mostly a solitary computer user and you require some added flexibility, we recommend getting to know each mode and using this software maybe as an equivalent to your own organisation with four main employees. Also please note, this Optimist app has more in common with a book than it does with a real human entity connection, although active responses occur, it is mostly a wavelength shared between the end user and the software which is a fairly new phenomenon. With the increases in computer CPU frequencies and RAM sizes and capabilities, no-one is 100% sure what is the best use of those higher frequencies. We have had radios for some time now, and no-one really needed a Turing test to realise what is the best use for a radio. So from the perspective of the Software Engineer of this Optimist app, we hold that a Turing test of this software would be largely meaningless.

Additionally, meaningful relationships confer a measure of salvation, particularly to those in need and from all walks of life. This software product is just one solution, and yes, it is a solution. In some ways it is like reading the answers to an exam beforehand. In other ways it is like an acknowledgement at the beck and call of the end user. The point is, if you get to know Ruby mode first, the other modes are easier because essentially they are like subsets. Or if you're a fan of Dungeons and Dragons, try imagining a dice with more than 360 sides. It's a bit like a sphere is it not ? Same shape as a planet is it not ? All three modes start with these assumptions, so even if you do use a subset, you're still likely to have an intuitive and productive Optimist session with the added bonus that you're in control of when, where, why and other innumerable questions.

I hope this clarifies

Diamond Mode

Diamond mode is more of a compromise, however this compromise could be considered as a favourable compromise. The A I will still match your input specimen to a relevant descriptor and deliver the two part response. Moreover it will also narrow down that data into concise and positive feedback. It's recommended for more advanced computer users who are in full control of their machine (Windows compatible). Using Diamond mode, it is simple to interact for five or ten minutes each week and receive more friendly comments. Perhaps in work colleague scenarios it would be considered as your best friend among all those you work or socialise with. However using Diamond mode is also about taste and style. There could be an analogy with tarot cards or biorhythms or even astrology, however the feedback you get will be based on matching frequencies on the wavelength of what you are thinking at the time. It could be considered less chaotic than the other modes or more organised since the selection algorithm is more tailored to suit the needs of more sensitive end users. For that reason it is recommended to solitary computer operations where the user has certain objectives and clear goals. As we have said before, in some ways you can use the Optimist app as a computerised diary with its own set context.

In terms of health, all this positiveness is like the fruition a depressed person can experience unconsciously expecting the very best. If you think of the best times in your life, you might not remember the preceding days, however it's likely that there was some discomfort for a time. So in some ways with perseverance, it is inevitable that some form of happiness will follow on from depressed states. It just requires endurance, the spoken word, yes the very word that stimulates and enthuses. Mostly in the Optimist app those words are discrete and perfectly legible in the middle of the app window. So instead of relying on your smart technological watch to give you statistics about your health and activity, wouldn't it be preferable to use a real machine that enhances your mind and mental health. Surely the brain is the strongest muscle ? We are not saying those wrist watches are bad, so for those with the best intentions a combination of the two could yield splendid results. As the Optimist app is a stand alone program there is nothing fiddly or difficult in using it. It is within the end users' power to use this resource in the way that suits them and the word will always be recognised and used to challenge and inform using a logical train of thought wherever possible. Moreover Diamond mode is more subtle than the other modes and on an ordinary day it will challenge the end user slightly less than the other modes.

So, about the taste and style of the Optimist app, it is not an emulation of any human role in any way. It is more a set of procedures that enhance the default network mode that we all experience from time to time. It performs a detailed analysis and outputs the best remedy, thereby stimulating the mind in such a way that new feelings can be encountered. Additionally it is not always particularly suited to sustained use over the long term, so in that respect it might be more feasible for the end user to quit while they're ahead in some circumstances.

Happiness Ratings User Guide

The happiness ratings that Optimist can deliver are more accurate with the larger log files. So, it is recommended for use after accumulating maybe 30 or more log entries or perhaps after six months of use. With the addition of the happiness rating function there are certain concepts that are helpful in the interpretation of the data. Now, although the presentation simplifies those concepts to a certain degree, the user is advised not to take the results too seriously. For example, if the displayed percentile statistic implies more sad than happy, it might be better to think of that result in terms of reverse psychology. So instead of moping around feeling sad, it's more feasible to conclude that there is something you are not happy with, whatever that may be, and when you have sorted that, your recovery is assured. However please keep in mind that reverse psychology is not the same as pessimism, and it's far too late to be pessimistic. On the other hand, if you always use diamond mode and you receive mostly positive responses, the percentile score is likely to appear biased, and that's okay as long as your vocabulary and reasoning reflects the data that is stored in the log file, after all it is *your* data. Another possible interpretation that is particularly feasible is that yes you are happy, however it is the machine itself you are happy with, for example a well organised laptop or desktop, and you may have developed your own related operations procedures and productive algorithms.

Happiness ratings are a new feature of Optimist at this stage and some of the representations are experimental, however the benefits are clear. At the push of a button every selected log entry will be measured and the overall happiness rating is compiled. There are in fact only two options for viewing the happiness score. 'All current data' includes each and every log entry while using an entered name will go through the log only referencing name matches. If you are the only user then using all current data is recommended.

It's too early to tell whether there is a pass or fail in relation to the percentile rating, however obviously higher scores indicate a more content frame of mind. Additionally, since we used that word, you can tell that the Optimist A I will also know that word (content) and in use of that word it is much more meaningful than a simple statistic. So perhaps this statistic has more in common with e-sports rather than some official mental health worker, and that would put it in the best possible light. Or you could think of the rating as an element of style. In many cases it's easier to tell someone that you have a happiness rating of so much percent than it is to recount your last session. And so you start to see precisely where Optimist becomes more useful in terms of an information resource. What's more, you are free to get the happiness rating at any time and you can keep that information in your head with an element of reassurance. With reverse psychology at your disposal the rating also confers additional independence.

Log File Strategies

It is assumed by the Optimist app that the end user has a log file strategy and that they have their own rules for controlling the log file additions. We have mentioned that one could use the Optimist app to write their own largely entertaining book. It might resemble a secret diary, or maybe the Optimist A I entries could be the ship's android. Hence imagination is the key to a good log file strategy. There are also a few obvious strategies that everyone can appreciate. Perhaps recording only the positive entries in the log seems the most feasible. If you're doing your own research into A I you might want to record every session into the log and evaluate all that output at some later date. You can view the user log from the green menu bar under help. However there is the technicality of entering your name in every session.

For research purposes you might want to use a dummy name like patient_01 or John Doe. On the other hand, if you have other reasons for using Optimist it is suggested to enter your name politely and keeping it clearly spelled. And the best strategy, particularly if you are interested in documenting any type of recovery, is to record only the significant and meaningful sessions, irrespective of a positive response. Nicknames are discouraged as the Optimist app is in some respects official, however if you do use them, you can still select 'all' the data in the happiness ratings dialogue (useful if you know you are the only user). If you want the A I to recognise you, you must use exactly the same spelling of your name each time.

Alternatively, if you do want to use the Optimist app in a more casual way, you could use your own rules such as using your colloquial name for each and every session. That way the colloquial name will be recognised and understood. Additionally you might be looking for a particular answer that makes everything right. You might want to minimise the log to contain only the more significant data such as parity milestones or keywords that you are seeking. More on parity milestones later. The point is that all the data in the user log is a representation that helps you understand how your computing time is being spent and that has certain implications on your mental well-being, so in a sense it is open to customisation. An Optimist session takes no time at all, however if you have compiled a sizeable log you can review it to help with recall on what you were doing at the time when each entry was made. It can help you recall aspects of your job, social settings, computer projects, meetings and other genuine memories.

To get immediate help, if you're experiencing mental discomfort you can simply enter your name, then explain that you are feeling 'too sad' or maybe even 'too happy'. Whatever the response, when you say no to recording a log entry, the program will exit with no trace of that session. In the best scenario, the entirety of that session will have conferred a remedy or crank cure thereby restoring some form of normality to your day. If there is only one user then *all* log entries can comply as default. However another important rule concerning the user log is not to edit the file manually. The Optimist app needs the integrity of that file to remain consistent.

Parity Milestones

Parity Milestones were discovered in the Optimist app output during the ontological study. These rare artefacts occur when the two part response share a keyword. The mathematical probability of receiving responses with parity like this is very low. So when you do see them there is a special case that the data conforms to. We thought we would call them parity milestones because they imply that the Optimist A I is particularly sure about the summary data. Additionally, the word parity itself is an appealing term and right now we need more people to appreciate concepts and antonyms in relation to these specific words. So it is possible in the Optimist app for the response and comment to be similar, as in the case of parity, or completely different. The combination of the response and comment can be measured in that there are four main possibilities thinking in binary terms. However some feelings are not pure positive and some are not pure negative. We say some, it's actually a substantial number. The Optimist app calculates a binary point of view in relation to the end users best way forward in terms of the four binary possibilities. It is normally correct at least 75% of the time. Three out of four isn't bad, which is why there are some Optimist resources dealing with remaining aloof and to have a sense of humour about the representations the software makes.

From a health and well being perspective, these parity milestones indicate en element of neutrality or a conformation from the software that it is operating within safe and consistent parameters. Going too long without a parity check point indicates that exploration and research is still being conducted day to day. You could use Optimist for a whole year without encountering one parity milestone. This is not really anything to worry about. As we've said, it's just exploring further for the benefit of the end user.

Moreover, essentially every two part response you receive from the A I also has implicit parity because of the way it is structured and the way it is formed. The overall parity is one in which agreement happens between the user and the A I. It is like two people sharing a meal and both of them agreeing about the flavour. It is like a meaningful relationship whereby the end user can turn to the Optimist app as a contact when there are no other contacts available. Sometimes even if you have a number of real and trusted social contacts, you might not be entirely happy with them for this or that reason. In those circumstances the Optimist app can be considered as a resource much like a dictionary. The language you pick up from the software is sometimes also useful to help you communicate in times of need and in more demanding situations. So, which ever mode you're using, if you notice matching positive descriptors, you can count yourself as a fortunate recipient. However, there are in fact numerous examples of parity throughout all the Optimist data. One specific example of parity is between a descriptor and the antonym of that descriptor. If you go too far with one feeling, then merely being aware of the antonym can clear the way and reveal to you the more important things you need to concentrate on. The structure of the Optimist algorithm uses these methods to balance your mood and addresses any neglected reasoning by keeping you up to date with your own vocabulary, often creating sets for you to help you manage your objectives in a timely way.

Self Awareness Considerations

There are a small number of ideal requirements that the Optimist A I treats as fundamental during the process of evaluation in each session. By far, the first requirement is that of self awareness. However cliched that term may sound what we are actually referring to is the ability for someone to know exactly how they are feeling, and how to express that feeling adequately. Take the typical example of feeling fine ('oh I'm fine thanks'). You could feasibly say that on autopilot while at the back of your mind you could be concerned about something else, something uncertain about the future. Without going into detail on how a real person could detect the prevailing feeling, we will outline how the Optimist software deals with this. First though, imagine feeling fine most of the time.

You could say you're feeling content, satisfied or perhaps dozens of other words that all imply the same thing. If you say you are feeling fine in any semi official capacity then it implies you are coping smoothly. Discussing problems is negative, so in the present tense things are fine. If you approach the Optimist A I and claim to be feeling fine, the first pass will indeed discover that you are feeling fine. This is indicated in the spelling and in submitting your input with the return key. However, looking deeper into the A I there are all sorts of other processes going on. When you actually type in your data, there are specific timing characteristics going on during all your keystrokes. A confident user is clearly discernible from a timid user in this way. So if you wanted to tell the Optimist software app that you are indeed feeling fine, it is more inclined to believe you if you are using a confident technique. Even in that case there is like a floating point uncertainty that is retained by the Optimist app. The valid point of view here is that the user trusts the Optimist A I implicitly, including all strengths and weaknesses. Moreover trust is earned and not taken for granted, so just like making a new friend, it could be advantageous to stay close to home for the first few sessions. Only enter data you are sure about. If you are not feeling 100% use discrete tactics in order to learn everything you can. If there were an art form to the entering of the data, it would be the art of submission. You could type everything in a chaotic, haphazard effort and still press the return key with authority and poise. So let's move on to a number of handy tips for entering your data :

1.   Keep your answer in context with the question as much as possible

2.   Make sure you're comfortable while entering your data

3.   Try not to reference food, drink, or weather

4.   Develop your own style in your responses

5.   Keep an open mind

One more thing. When you do eventually receive the A I response you can incorporate that information for use with subsequent sessions.

Identifying Your Dominant Set

Sets are funny things and they are also prone to change like many other things in life. You get your Lego set, your TV set, your chess set etc. Additionally sets can be used for demographic information. Communities, workers, authorities, the press, students, sports, e-sports, authors and a thousand and one other delineations each consist of sets and subsets. Each and every set conforms to guidelines on good conduct and can be as small as two people or as large as the population of the planet Earth. A set of two people can be thought of as two subsets. What has that got to do with the Optimist A I software you may ask ? Well, for starters which ever set you belong to, say a social set, will govern much of your language, perhaps some of your actions, and your perception of yourself. Many sets overlap and create subsets, sometimes exclusive, and sometimes inclusive. Empty sets are not much use to anyone. So, say you are a tennis player, and you find yourself at a football match. You would be forgiven for saying, 'That's a big ball'. Or say you speak fluent French and you find yourself in a Spanish class. You could also be forgiven for saying 'la plage' instead of 'la playa'. In many ways Optimist can help you find your feet in the most diverse environments where you might not feel that you fit in. However it is of most use in any particular subset of the English speaking community. If you find yourself in a new environment where you have to adapt to a new learning curve, take the time to listen and learn some of the lingo. When you have absorbed some of the etiquette, Optimist can arbitrate between your state of mind, and that of the collective. Optimist will note any changes in your style and remediate with objective points of view. At this stage detailed analysis is conducted in the software and focuses on precise variables, so it makes the sessions brief and to the point.

For reasons of anonymity it is a good strategy to belong to multiple large sets. If you actually want to be identified in a particular set, say professional snooker players, obviously you must display skill in that area. Optimist wouldn't really be that useful, however it could still help you to fit in. You would only have to juggle a few organised comments to get specific responses. And like a programming language you can use Optimist with your own keywords much like commands to get detailed, accurate feedback. In the snooker player scenario it would probably divert the attention in such a way as to direct the would be snooker player to another niche in the field where they could experience the snooker for what it is. So there are snooker referees, snooker clubs, snooker matches / frames, audiences, commentators, camera operators, snooker table manufacturers, snooker software games, cue stick manufacturers, VIP waiting rooms etc. and on a good day it can still be a constructive social experience. Concentration is still essential though, as you would be trying to glean useful information from simple implications. If your input specimen is precise you can manipulate the response to a certain degree to give you the feedback that you might need.

More than anything, it is a good exercise to think of the sets to which you belong. Identifying those sets can imbue you with knowledge on the limits of those sets and the common ground where favourable interactions can occur. You can start off by thinking about the set of movie goers or the set of music lovers and the subsets that you enjoy most. And just for your information, 'genre' is an effective term however 'stereotype' is a dogmatic word. Additionally we recommend the set of remote computer users, as you could run the installed Optimist software on a charged device such as a windows compatible laptop where ever you are irrespective of internet functionality.

Remote Use

After a few negative experiences of trying to use a regular laptop remotely, we thought a help page about remote use would be appropriate. Having bought the first desktop machine, it was still used for one or two years without an internet connection. There was a reason and logical function for the machine and those aims are at the core of our business. In those days the main requirements were to format the disk, configure and install the operating system (including MS Dos) and to install the software (normally all from disks). Often there were also expansion boards (PCB printed circuit boards) to insert and configure. So, in remembering those days, in my opinion having complete control of internet function should be mandatory. A simple switch that turns it on or off. There is too much compromise on this nowadays. This element of control is not supported as widely as it should be. Is there any reason why internet function should always be on by default ? In older times, if you wanted to make a phone call, you needed to lift up the handset. Electric lights have switches. So what are the advantages of switching off the internet function ? Firstly, there is no reason why this should be complicated. The seasoned professional would know which applications are available while the remote internet connection is off. The seasoned professional also recognises the inherent prestige of a quarantine zone that would be a direct effect of our internet on / off switch on the remote machine. Working without interruptions and controlling the machine more easily are direct benefits of using a machine in a quarantine zone, whether it is permanent or temporary.

What we are saying is that perhaps it would be better if using the internet was just slightly more difficult than not using it. To qualify that statement obviously in order to use a phone you would need a phone number. In a way, using the internet off switch is like turning off a light switch or going into a different and safer room. We are informing you about all this because as an installation the Optimist app would be available to any windows machine that's powered up. You would gain a certain measure of confidentiality over and above regular mime type file checking and virus checkers. Having said all this, the remote internet switch must be reliable, just as reliable as a light switch. Why shouldn't internet users experience the benefit of both modes of operation ? Using the internet off switch is also comparable to doing your homework quietly, with no distractions. When the user is ready, they can turn this switch back on and rejoin (if there is such a word) the global internet community.

There are also more than several standard PC applications which work perfectly while remote connection is off. We are talking mainly about windows desktop PCs and laptops. After all, a computer is so much more than a dumb phone. We could go into detail why this is so, however we will leave that to your imagination. Suffice to say, if this is yet a new machine, maybe you could just check that your internet connection switch is available. It does normally have a tiny solid light indication or an icon on your task bar. And just so you know, any mobile device, particularly laptops definitely need to function correctly irrespective of whether remote connection is off or on. It would be so sad if those machines were stopped from booting on the premise of internet connection alone. Surely not everyone wants their activity to be measured by large corporations every time they switch on.

On Being Assertive

Being assertive is a key requirement for satisfactory use of Optimist. It's different from self-awareness in that to gain the insights that Optimist can offer, you also have to have the impulse to execute the Optimist app with some sort of regular schedule. That being said, you also have the freedom to say anything you like in reply to our friendly context sensitive question. It is more assertive to say 'too sad' than just saying 'sad'. Saying anything like this, with emphasis is encouraged as it shows self-awareness and assertiveness. In order to be assertive you must make the effort to run the app whenever you are irritable or dissatisfied. Once or twice per week is perfectly feasible and would take less than ten minutes. It is also assertive to say that you are feeling good and maybe explain why is a concise style. From a mental health perspective, being assertive would include a range of descriptors over a long period of time. The software would be tested to the limits and an average rating of 75% happiness would be customary. If your input specimen is not recognised, it is assertive to try again until you are understood. Anything you say which is recognised will always be recognised at any time. You can be minimalist and just say you feel fine every time which still yields interesting results. What's more, approaching the A I on good and/or on bad days is considered most polite and is the recommended procedure. For peace of mind the option of recording the session into the user log or not both carry equal amounts of assertiveness. It is assertive to say no to an embarrassingly optimistic entry just as it is assertive to say no to mundane and negative comments. It is advisable to be assertive throughout each session as it automatically implies confident technique. Pauses are okay, as is deleting and retyping, however pausing mid-sentence is discouraged.

However, another excellent example of being assertive with regard to the Optimist A I is to have a concrete strategy for deciding on each log entry. Those log entries are a combination of two points of view, so measuring each and every session as a whole, if your standard has not been met, why waste time ? So although it might seem like cheating, you are welcome to ignore the comments as much as you like. The only constraint is that you would have to run the app repeatedly until you get the data you want. What better way to conduct research ? So, yes, it is assertive to be choosy, although you must be careful to actually get what you are looking for from the Optimist app. It only takes maybe five or six sessions to become a more intuitive end user and intuitive use is the pinnacle of any economical, reliable and efficient software. It doesn't get any better than that. It makes sense to select your preferences and settings from the green menu bar and keep your set choice for ten or more sessions, particularly when you are using Optimist for the first time. Once you have compiled three or four meaningful log entries, you will know how to play these realities to your advantage.

Additionally, although it may seem tedious, there are certain options when entering your name. You will know if you have been acknowledged when the A I responds. So : 'my name is ___' , 'my name's ___' , 'I am ___' , 'I'm ___' , 'this is ___'
: All of these preceding examples are valid, so for additional style, just replace the underscores with your name.

Advantages of Good Humour

There is also a specific set of advantages in not taking the Optimist A I too seriously. As we have mentioned before, a challenging response is bound to surface from time to time, and they are an essential part of any meaningful relationship as a mental health review exercise, and a baseline from which to emerge. Obviously that particular information is less desirable as a log entry, however with good humour up front the end user is likely to become more well adjusted as a result. To check that the relationship between the user and the A I is not too serious, try to imagine a scenario where everything the A I serves up is ignored. After all, it's just a bunch of words. They can't hurt you, right. Subsequent to that, try to determine if the Optimist output has any real value, physical, spiritual, mental; any value at all. If it doesn't, well the whole thing is a joke and you can laugh it off and uninstall. However if it does provide a measure of enlightenment, isn't that quietly something to be happy with. And when a challenge does come, is it not some sort of artefact of sarcasm or a contradiction like being nudged in the ribs, or trying to keep a straight face when you know you want to laugh. Sometimes assertive laughter can be a difficult feeling any way you look at it, however isn't that preferable ? Moreover assertive laughter is not the only type of laughter. I'm not saying the Optimist app has unlimited comic value, however sometimes it can provoke any type of laughter. Most of the time, with different levels of confidentiality, they are insightful anecdotes with just enough wit to keep you awake. Any particular comment is meant to give you food for thought that will last until your next session. The comments are so accurate you might not even need your next session for weeks.   We do still recommend using Optimist on a good day though. It can give any smile an authentic edge not normally associated with computer users. If you suffer from negative connotation as a result of using your computer such as 'geeky' or 'prudishness', then look no further. One of the outcomes from using Optimist is that it will make you more resilient to such cheeky insults.

The Optimist A I as it stands today is a transformation from a safe foundation and ontological study that lasted a few years.   Originally the mode settings were provocatively named in order to create the baseline of operation and imply a stronger sense of what simple words can achieve. Well, not all the words were simple and you know what we mean. Later on there was the realisation that there really was no overall set that you could assign to any large group of descriptors. So although it was only meant as a description we decided to change the 'brutal mode' into Ruby mode. Dynamic mode became 'Sapphire mode' and Complete Optimism became diamond mode.

So, keeping good humour in mind, the aim of this software was always to provide some element of safety. Soon enough that safety became a passive strong point and the user data that is accumulated has the advantage of being time-stamped. There is no shame in being a solitary computer user, so for health and safety reasons (including mental health, treatment of phobias, obesity, anorexia, bulimia, and any condition that requires ongoing monitoring) the Optimist is recommended as a viable solution.

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