

# **Internal Autobiographical Map Model for Understanding and Transforming Repetitive Human Behavioral Patterns**

**Stoyana Natseva\***

Research Scholar, Azteca University , Chalco, Mexico, Founder - Happy Life Academy

Nstoiana@gmail.com

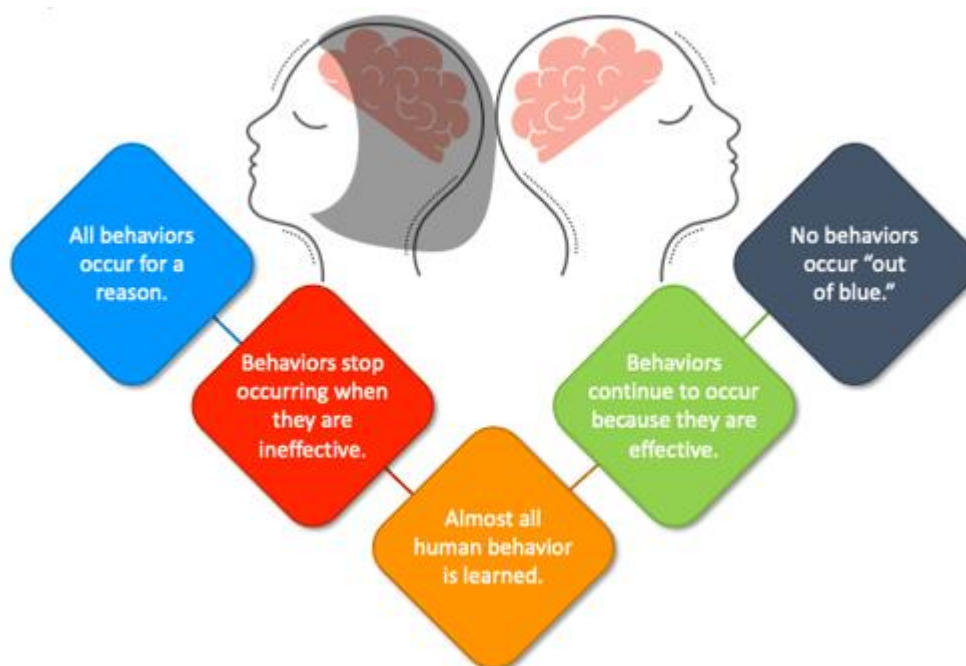
**Abstract-** The research is based on the mechanisms of sustainable human behavioral change which is studied on the basis of structural psychological model referred to as Internal Autobiographical Map (IAM). This model postulates that human behavior is never determined by the conscious choices or immediate situation alone but a powerful contribution of internal cognitive structures which are established through autobiographical experiences. The study is centered on how childhood experiences have a role to play in the development of an inner meaning of self, other individuals and the environment around them. Subsequently, these interpretations become stable cognitive patterns in which emotional reactions, anticipations, and patterns of behavior are directed in the course of life. These internal structures are triggered automatically as persons face scenarios that are similar to those previously encountered, and they tend to initiate repetitive emotional responses and behavioral reactions in other aspects of life like relationship, career development and personal development. To describe these processes, the research combines the knowledge of neuroscience, autobiographical memory organization theories, and psychological identity development theories. Another concept that is presented in the research is the Direct Change Solution (DCS) which is an organized intervention process that is aimed at assisting people in recognizing the fundamental experiences in autobiography and the inferences that people made on the basis of those experiences and the rules and roles of behavior that can shape their behavior. By doing this, people can be in a better position of recognizing the psychological frameworks behind their choices and responses. The results show that these internal autobiographical frameworks and not external situations per se are a major determinant of repetitive behavioral patterns. Through the raising of awareness, re-perceiving the past, and making intentional decisions about new behavioral practices people can slowly change the woven patterns of the psyche. The research findings are that sustainable behavioral change is not only a motivational or a willpower process but a process of restructuring the internal autobiographical system that regulates human perception, emotions and decision making processes.

**Keywords-** Internal Autobiographical Map (IAM), Behavioral Patterns, Autobiographical Memory, Psychological Identity, Behavioral Change, Cognitive Structures, Childhood Experiences.

## **1. INTRODUCTION**

The human behavior can be often characterized by a paradoxical tendency when people are consciously willing to change yet repeat the same behavioral consequences in various spheres of life. Individuals might be able to identify the patterns of actions that lead to suffering, disappointment or unhappiness but regardless of their knowledge, they still tend to engage in the same relationship dynamic, emotion response, and pattern of decision-making. As an

illustration, a person might tend to repeat certain relationships that result in disagreement or emotional disillusionment despite the vow to himself that he will make other decisions in future. Others can constantly be faced with repeat problems at work, including avoidance opportunities, inability to handle authority, or even undervaluing themselves [1], [2], [3]. This effect of repetitive behavior presents a critical question with regard to Psychology: can people have the mental capacity to perceive problematic patterns, and still so much hard work is necessary to produce permanent change? Psychological research has tried to provide the answer to this question through the traditional methods where attention is paid to the personality factors, motivation level, environmental factors and conscious decision making processes. Numerous classical behavioral and cognitive theories suggest that people behave mostly based on historic habits, reinforcement backgrounds or belief systems. On the same note, psychological models like Cognitive Behavioral Therapy include the focus that maladaptive behaviors and emotions are caused by dysfunctional thoughts [4], [5]. Although these strategies have been useful in offering insights as well as practical intervention measures, they usually fail to explain the reason as to why people keep recreating the same life situations despite being made aware of their thoughts and actions.



**Figure. 1 Human Behavioral Patterns**

In most instances, individuals can effectively alter certain habits or temporarily transform their behavior, but the overall trends still resurface at other situations, there is an indication that there is more fundamental structural mechanisms governing human behavior. The new studies

in cognitive science and autobiographical memory indicate that repetition of behavior is not merely based on the surface habits or beliefs but it is rooted in more fundamental cognitive structures that are developed in earlier stages of human life. Childhood is one of the critical periods during which individuals form the basic understandings about themselves, other people, and the world around them [6], [7], [8]. At this stage of development, children are exposed to experiences most of which they might not be emotionally or intellectually prepared to comprehend. Consequently, they develop simplified internal explanations so that they can make sense of complex or emotionally charged events. These descriptions slowly become part of the long-term autobiographical memory and they are the basis of the personal identity [9], [10], [11]. These interpretations develop over time as the basis of implicit rules that direct expectations, emotional responses, and strategies of behaviors. According to neuroscientific studies, memory does not act as a storage system that is a passive storage structure; instead, it is an adaptive system that aids in prediction and decision-making. Using the past experience, the brain is always active trying to predict possible future scenarios and retain its psychological stability. Repeated behavior here can be conceptualized as a predictive behavior whereby people unconsciously repeat the common patterns since those patterns conform to internal prevailing patterns [12], [13], [14], [15], [16]. Although the result of these frameworks may be undesirable, it may still be psychologically correct due to the fact that it aligns with the internal logic that is developed at earlier stages of life. Therefore, behavior change based on conscious intention can be ineffective, as the mental representations are not completely removed and they are still influencing the perception and responding patterns. It is against this conceptual backdrop that the current research proposes the idea of the Internal Autobiographical Map, a psychological model of structure that aims at explaining how these personal experiences are arranged into internalized structures that regulate the human behavior through time. The Internal Autobiographical Map, unlike most of the traditional psychological models which are based on individual thoughts, feelings, or outward behavior, looks at how identity itself is formed by interpreting the autobiographical experiences. This model assumes that people use the major events in the early years to develop internal narratives, and through these narratives, people build their assumptions about their safety, belongingness, responsibility, competence, and interpersonal relationships, which change progressively over time [17], [18], [19]. Such assumptions are then converted into internal rules of behavior which shape the way people react to challenges, opportunities, and social interactions in the course of their lives. That is, the life path of an individual is not predetermined by external factors only but is highly imprinted by the internal system according to which the past experiences

are observed and arranged. The mapping of these internal structures can allow one to see the invisible logic of recurring situations in life, such as self-sacrifice, avoidance, perfectionism, dependency, or emotional withdrawal patterns. This viewpoint broadens the extant theories in Cognitive Science whereby the problem is focused around autobiographical organization instead of single cognitive distortions. Therefore, the Internal Autobiographical Map offers a paradigm of the mechanism of entrenched psychological patterns development and their maintenance over extended time intervals. Referring to this theoretical background, the main research question that will be referred to within the framework of the study is as follows: why do people still keep on repeating the same behavioral and emotional patterns despite them having a conscious desire to change and how can they change the patterns in a sustainable and structurally relevant manner? To answer this question, it is important to go beyond the initial analysis of behavioral change and the superficial aspects of it, and to delve into the underlying processes of integrating the autobiographical experience into the internal cognitive systems. Hence, the paper explores how early experiences are encoded into enduring psychological frameworks that determine how one will perceive, emotionally respond and make behavioral decisions. More so, it suggests a systematic methodological process by which these internal patterns can be identified and the process of altering them by deliberately changing the way things are interpreted and how behavior is structured is made possible. The research aims at making a contribution to the more integrated study of human behavioral change by analyzing the structure of autobiographical memory and its contribution to identity and decision making. In the end, the objective of the research is to prove that sustainable transformation is not realized only with the help of motivation or discipline, but through restructuring the internal autobiographical formations upon which human experience and behavior are formed systematically [20].

Human behavior is often shaped by recurring patterns that influence decision-making, emotional responses, and personal growth. Understanding these repetitive patterns is critical for enabling meaningful change and fostering self-awareness. The **Internal Autobiographical Map (IAM) Model** is a conceptual framework designed to help individuals systematically explore their personal history, emotional experiences, and behavioural tendencies to identify the root causes of recurring actions. By mapping these experiences, individuals can gain insights into how past events continue to influence present behavior and make informed choices for personal transformation.

This document serves as a **white paper** presenting the conceptual framework of the IAM Model alongside the **Direct Change Solution®** method, highlighting how these approaches can support structured self-reflection, behavioural awareness, and practical interventions. The IAM Model provides a structured lens through which recurring patterns can be understood, while the Direct Change Solution® offers a guided methodology for transforming these patterns into constructive behaviors. Together, they form a synergistic approach that bridges theoretical understanding with actionable personal development strategies.

The framework emphasizes ethical boundaries, recognizing that IAM and the Direct Change Solution® are intended for conceptual, educational, and self-development purposes, rather than as clinical therapeutic tools. This ensures that users can safely explore their behavioral patterns while maintaining professional and personal boundaries.

## **2. LITERATURE REVIEW**

Chen 2025 et al. investigates the understanding of multi-modal human behavior through the use of the video and motion data combined with the abilities of the Large Language Models (LLMs). Contrary to the earlier methods that only consider either the video or motion, the study suggests that proper interpretation of human behaviour must be through combined modelling of both modalities to ensure that the body dynamics are well-documented and the semantic contexts are well-captured. To meet this requirement, the paper presents MotionLLM, a combined system that is capable of motion comprehension, capturing, and argumentation. MotionLLM uses a joint video motion training method which employs coarse video-text as well as fine-grained motion-text data to obtain more detailed spatial-temporal features. In order to sustain this framework, the researchers also build MoVid, which is a big collection of videos, motion sequences, captions, and instructions. MoVid-Bench is suggested as a manually annotated benchmark used to assess the understanding of human behavior in both video and motion modalities. Empirical evidence shows that MotionLLM is highly effective in facilitating the process of caption generation, spatial-temporal understanding and reasoning in complex human behavior analysis tasks [21].

Hong 2025 et al. tests the effect of relationships between events in life on the extent of autobiographical memory recollection. The test subjects were asked to recall, verbally, the personal events which were related to their own photographs in a cued recall task. The authors considered the temporal, spatial, and semantic relationships between events that were sequentially consecutive by the researchers to learn how the similarities influenced recall. The

findings demonstrated that the participants recounted more non-episodic details when the previous event was similar in its semantic content but different in the temporal or spatial sense. Implicates that where occasions have a common meaning and happen in various time or locations; people have the tendency to include an additional information of description or clarification. The temporal, spatial or semantic overlaps between consecutive events did not have a significant effect on the recollection of episodic details. The results suggest that autobiographical recollections can be encoded into a larger life story instead of as a discrete experience, and individuals can add more context information to preserve coherence and continuity during the recall of series of personally significant experiences [22].

Agron 2024 et al. investigates the problem of autobiographical memory (AM) in people with autism spectrum disorder (ASD) and discusses the potential nature of underlying cognitive processes. Individuals with ASD frequently experience difficulties in recalling certain life incidents of their personal lives, and such impairments have customarily been described through the failures in self-referential and social cognition. Although these descriptions are consistent with the social communication problems specific to ASD, new studies indicate that other cognitive aspects could cause these memory problems. Specifically, in the review, the problems with the construction of the scenes, the possibility of mentally restoring the detailed spatial context in which the events take place are mentioned. Scene construction is one of the processes, which are deemed to underlie autobiographical memory retrieval in normal developing populations. Based on the researches associated with AM recall, time travel, as well as spatial navigation, the review provides the evidence that people with ASD might have some difficulties with building coherent spatial scenes. The authors suggest that the descriptions of these findings cannot be entirely attributed to the deficits in social cognition and they set new courses of the future studies to further comprehend the memory processes in ASD [23].

Wever 2023 et al. depressed adolescents live through autobiographical memories and the manner of related neural networks that are active in the process. The teenagers with and without the depression (N = 69; 17 depressed) initially retrieved positive and neutral personal memories and subsequently repeated the experiences of the memories after undergoing fMRI scanning. The pleasantness and vividness of the memory were rated by the participants after every recall. The findings indicated that the adolescents who were depressed rated their positive remembrances as less pleasant than their healthy counterparts and the intensity of the recollection was the same. Researchers have determined a general autobiographical memory network and certain subnetworks of recollections of positive and neutral memories, using

event-related independent component analysis (eICA). These were a self-referential processing network encompassing medial prefrontal cortex, posterior cingulate cortex, precuneus and temporoparietal junction. There was abnormal activation of this network in depressed teenagers when they were recalling less pleasant positive memories. The evidence indicates that depressed adolescents who undergo changed self-referential processing of positive memories have their reliving of positive memories altered, and this forms the subject of a target of any therapeutic intervention to increase self-esteem and decrease depressive symptoms [24].

Zhang 2022 et al. researches the progress in transformer-based models of visual recognition and detection, especially human-object interaction (HOI) detection. Although recent methods have used one-stage detectors like the Detection Transformer (DETR) which utilize learnable queries in place of region proposals, the authors believe that the effectiveness of these models is largely due to the representational properties of transformers and not the one-stage design. The paper presents the Unary-Pairwise Transformer, which is a two-stage detection system that makes use of unary and pairwise representations to better model human-object interactions. The unary component in this architecture is aimed at fortifying the scores of the positive interaction examples, and the pairwise component is aimed at minimizing the scores of the negative ones, enhancing the general accuracy of detection. The offered approach is tested with the help of HICO-DET and V-COCO datasets and proves to be better than the currently existing state-of-the-art methods. Moreover, the model attains almost real-time inference through an equivalent of ResNet50 backbone with a single GPU [25].

**Table 1: Literature Summary**

Authors/Year	Method	Research gap	Findings
Setton/2022[26]	Resting-state fMRI connectivity and autobiographical interview analysis across younger older adults	Limited knowledge linking brain connectivity patterns with autobiographical memory variations lifespan	Distinct hippocampal connectivity patterns relate episodic semantic autobiographical memory differences
Onyema/2022[27]	Image processing machine learning	Lack quantifiable methods measuring	Sound therapy improved emotions

	aura visualization emotion detection evaluating sound therapy	emotional transformation through biofield based therapies	biofield prediction model achieved high accuracy
Jonathan/2021[28]	Wearable cameras fMRI machine learning classify autobiographical versus nonautobiographical experiences	Traditional memory studies lack naturalistic paradigms capturing real autobiographical experiences	Frontoparietal temporal networks reliably differentiate autobiographical from nonautobiographical experiences
Gilmore/2021[29]	Overt autobiographical recall with fMRI temporal alignment detail level neural analysis	Prior studies used silent recall limiting dynamic understanding episodic detail retrieval	Default network supports recall cortex encodes category specific episodic details
Lempert/2020[30]	Autobiographical memory interviews, temporal discounting tasks, and neuroanatomical cortical thickness analysis	Unclear mechanisms linking episodic memory richness with future oriented decision making	Perception rich memories associated with patience and entorhinal cortical thickness

### 3. METHODOLOGY

The study adheres to an elaborate theoretical-methodological paradigm incorporating the findings in the field of psychology, neuroscience, and autobiographical memory in understanding the processes involved in implementing sustainable behavioral change. The

interdisciplinary approach enables the study to focus on the human behavior not just through psychologically but through an explanation of how the brain perceives experiences and how it categorizes the memory. Psychology theory offers the basis of the identity development, emotional reactions, and behavior patterns, and neuroscience offers the information regarding how the brain anticipates and reacts to known situations relying on the previous experiences. Research on autobiographical memory also gives further accounts on how people arrange personal experience in meaningful life stories that impact on identity and decision making. Other informational sources to the methodological approach have to include long-term observational knowledge and practical uses of the Internal Autobiographical Map (IAM) model. This model has gone through years of professional practice and has been refined by taking into consideration people who have been performing personal transformation processes. Through noting the repeated behavioral patterns and changes in behavior as a result of the transformation, the research framework offers a systematic way of establishing internal psychological structures and contributes to meaningful behavioral change.

### **3.1 Conceptual Framework**

This study is based on the methodology which is founded on three related areas of science which give a complete pattern to understand human behavioral patterns and personal change. They are autobiographical memory theory, neuroscience of behavioral prediction, and formation of psychological identity. Autobiographical memory theory assists in the explanation of the way in which individuals arrange and analyze the experiences they make in life and the way in which the memories shape the present behavior. Neuroscience provides an input regarding the past experience processing by the brain and its ability to predict and guide upcoming responses. Psychological identity formation expounds the development of a stable sense of self in the interpretation of experience and social interactions by individuals. The combination of these areas makes the methodology offer a systematic process through which internal psychological patterns are formed, maintained and can be changed over time.

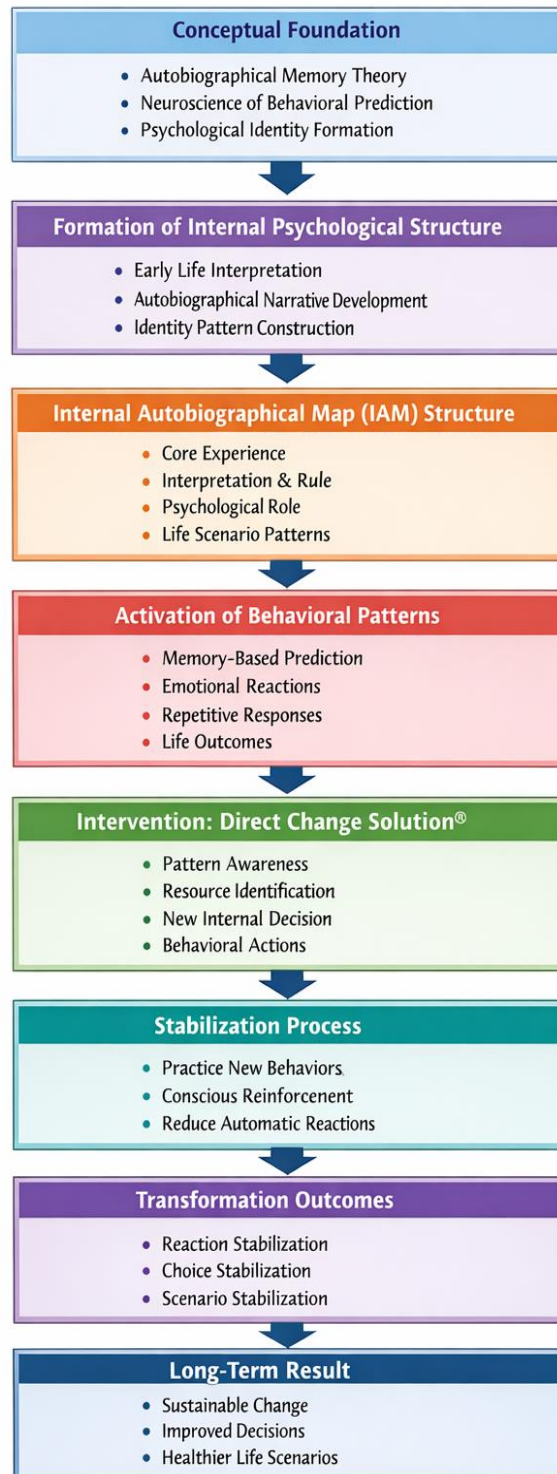


Figure. 2 Proposed Flow Chart

### 3.1.1 Autobiographical Memory Theory

Autobiographical Memory Theory describes the way people store and organize their personal experiences in life in the memory and how this memory affects their self-concept and view of

world. In contrast to that of simple factual memory, autobiographical memory harbors events emotionally significant in the sense that they contribute to the identity, beliefs, and behavioral patterns of a person. Childhood and adolescent experiences are especially important in that case since people make sense of them at a time when their cognitive and emotional structures are still forming. These perceived memories eventually develop into structured personal ability, personal relationship, and safety in the surrounding. The stories shape the future anticipations, feelings as well as actions, that is, past experiences are perpetually involved in current behavior and decision making.

### **3.1.2 Neuroscience of Behavioral Prediction**

Neuroscience of behavioral prediction deals with the topic of how the brain predicts and prepares the future, based on previous experiences. Instead of reacting to occurrences passively, the brain is continuously making speculations on what is likely to occur, on the basis of what has been stored in memory and what has been learned through past experiences. The neural networks in the prefrontal cortex and the hippocampus compare the past results and create expectations upon which perception and decision-making is made. This predictive ability assists people to have a rapid reaction to situations that are familiar to them and also to remain psychologically stable. Nevertheless, it also implies that individuals can be unconsciously repeating the familiar patterns of behavior due to the brain being biased towards what can be predicted. Consequently, earlier learned habit has a strong impact on response, decisions and feelings.

The psychological identity formation is the process by which people gain a consistent sense of self that includes beliefs about identity, what they appreciate and how they associate with others. This is the process that starts in the early childhood stage and goes into adolescence and adulthood where people make up of their experiences and social interactions. Environment in the family, culture, important events in life all play a role in defining identity. With time, individuals come up with internal roles, expectations, and behavioral strategies that are an expression of how they feel about themselves. These identity systems can have an impact on the decision-making process, emotional reactions, and the relationships with the other people. A properly developed identity gives psychological stability whereas the pattern of strict identity could add to the recurring behavioral situations.

## **3.2 Structural Model of the Internal Autobiographical Map**

The model identifies five core components that structure human behavioral patterns:

### **3.2.1 Core Experience**

Core experience is defined as an important childhood event that has a great influence on the emotional or psychological growth of a child. These experiences mainly arise in situations where a child is subjected to a scenario that is either oppressive, perplexing or emotionally taxing like rejection, criticism, loss or undue responsibility. Since the children lack the cognitive and emotional maturity to make any sense of the complex situations, they would be prone to problems of interpretation regarding what is going on around them. Consequently, the experience becomes ingrained in the memory and shapes the perception of safety, acceptance, and relationships of the child. These initial experiences become the basis on which subsequent interpretations and behaviors as well as identity structures are built.

### **3.2.2 Rule**

After making a conclusion, the mind creates rules which are internalized behavioral rules to ensure that the painful experience would not come back. These norms are psychological rules governing the actions and the expression of emotions. To give an example, when the child decides that showing feelings is subject to criticism, they can make an inner regulation that they should never show their feelings. Such rules tend to be automatic and unconscious so that they find application in moments of socializing and making decisions. Although they initially have a protective role, which is to protect the individual against perceived threats, they may be restrictive at a later stage. In the long run, these hard and fast prescriptions can restrict individual development and natural expression and good relationships.

### **3.2.3 Role**

The role is the behavioral strategy, which a person is ready to adopt to obey the rule of oneself and preserve psychological safety. This role usually sticks to the individual and shapes the individual concerning his or her relationships, workplaces, and social life. To illustrate, a person who creates a principle that he or she should always please other people might assume the role of the helper, caretaker or a mediator. The other individual would play the role of the achiever, protector or avoider. These roles are meant to serve as survival strategies by enabling

people to adjust to their surrounding environment but as time goes by they may become fixed patterns that restrict flexibility and true self-expression.

### **3.2.4 Scenario**

A scenario is the recurring pattern of life that comes as a result of interaction between the core experience, conclusion, rule and role. When one is faced with situations in adulthood that are similar to those in past, the internal structure will automatically become activated, and it will govern the perceptions and actions. This causes repetitive results in relations, career choices or emotional responses. Here, an example is that an individual who has taken a role of self-sacrifice will get into relationships repeatedly where his or her needs are disregarded. These situations usually seem common and foreseeable as they are congruent with internal held beliefs. There is a chance that without conscious awareness, people can recreate the same situations in the course of life and perpetuate the same patterns of behavior and emotional reactions.

### **3.3 Change Method: Direct Change Solution®**

The proposed intervention method involves **five structured phases**:

#### **3.3.1 Awareness**

The first and the most vital of the stages in the process of personal transformation is awareness since it is impossible to make any meaningful change without being conscious of the patterns that define the way the person acts. At this point, people start to notice repetitive emotional responses, choices and consequences in various aspects of life including relationships, work environments and personal growth. Such patterns are often perceived by many people as unique events or external factors, but awareness consists in realizing the repetitive nature behind such events. Reflective observation helps people begin perceiving certain similarity among the situations they once thought were distinct. As an illustration, one can find that he or she avoids conflict often, wants others to like him/her all the time, or takes the responsibility of others. Awareness also involves identifying emotional responses which cause automatic reactions like anxiety, withdrawal or overcompensation. This understanding of identifying such repetitive behaviors and their effects leads people to have a better perspective of how their internal psychological structures affect their daily activities. It is this awareness that forms the basis of exploration and change in a conscious manner.

### **3.3.2 Recognition**

Recognition entails knowing that other patterns of psychological development that had been established before had a significant adaptive role. Rather than seeing these patterns as a source of weakness, failure, people start to interpret them as coping mechanisms that previously assisted them in dealing with difficult or overwhelming events especially in childhood. As an example, one whose behavior was conditioned to suppress emotional expression might have been raised in a setting where emotional expression was criticized or rejected. Such action was conducive to maintenance of safety and stability at the time. The identification thus changes the attitude of self-accusation to enlightenment. This is an important step since people tend to resist change when they believe that they are doing the right thing just that it is wrong. By accepting that these patterns used to guard them, they will be able to come to transformation with more compassion toward themselves and be more open. By acknowledging the defensive role of these structures, people are able to recognize the defensive role that these structures played in their past as they are also able to realize that the same tactics that they employed in the past might be ineffective and even counterproductive in their current life situations.

### **3.3.3 Resource Identification**

Resource identification entails the identification of the strengths, abilities, and psychological resources, which are acquired by individuals in the process of dealing with previous life experiences. Even problematic circumstances usually demand the acquisition of some useful skills, including perseverance, empathy, responsibility, emotional awareness, or problem-solving skills. At this phase, people start seeing the shortcomings that the past experiences put them through and switch to the abilities that have come out of that experience. As an example, a person who grew up dealing with tough situations in the family might have become highly organized, sensitive or empathic, or even a leader. The discovery of these resources assists people to redefine their past experiences in a transformative manner. They start to realize that it was not only negative things that influenced them but also helped them develop as individuals and become competent. This would enhance internal change motivation and confidence. Recognizing and appreciating such internal resources, people receive the necessary psychological support to proceed and train the new behavioral patterns.

### **3.3.4 New Internal Decision**

The new internal decision is the point when people make a personal decision to change the behavioral rules which were developed in the previous period of their life. When individuals realize the way their past patterns were formed and what resources they already have, they can be more ready to doubt the automatic assumptions according to which they act. At this step, people actively substitute old rules of behavior within themselves with more adaptable and beneficial options. An example is a person who used to think that sharing of personal needs will lead to rejection will conclude that free communication is relevant and required in healthy relationships. It is not merely a positive affirmation but rather a planned reorganization of the expectations and behavioral strategies inside the company. It involves recognition that the reality of the yesteryear no longer forms the present possibilities. Once people make a conscious decision to behave differently in the next time, they will be moving towards automatic responses to intentional responses. This inner change forms the psychological foundation of long-term behavior change.

### **3.3.5 Behavioral Grounding**

The behavioral grounding is the step whereby the freshly developed choices and worldviews are solidified by the regular actions in the real life. It is only after transformation of new thinking patterns and interpretation of experiences is converted into observable behavior that psychological change becomes stable. At this phase, humans consciously rehearse various reactions to those situations that were originally provoked by automatic reactions. As an illustration, an individual who does not confront others can start sharing their views during the conversation, and an individual who tends to be overly concerned about other people can start establishing healthy limits. Every successful action reinforces the new inner structure and puts the impact of ancient rules of behavior in gradual decline. Repeating is also important in this process since the brain is subject to learning through both experience and reinforcement. The more an individual behaves in accordance to his/her new decisions the more natural they become and less difficult to perform emotionally. In the long term, behavioral grounding assists in turning the individual action to habitual and consistent performances, enabling individuals to develop healthier relations, better decision-making behaviors and more balanced self-perception.

### **3.4 Stabilization Process**

Repeated reinforcement of behavior results in the sustainable change and transformation of the emotional reactions, decision-making process and the general pattern of life. Once people start to learn about the inner mechanisms affecting their actions, they will be able to train the new methods of their reactions to the situation that previously elicited an automatic response. The repetitive practice over time will dilute the force of old emotions and will raise the capacity of responding in a calm and meditated manner. These responses start to become natural and less forced as people proceed to implement new views and behavioral decisions. Regular practice enables conscious choices to be made in place of previous rules of behavior that were established in prior experiences. At a gradual pace, such new patterns start to affect larger parts of life such as relationships, workplace scenarios, and self-improvement. The old behavioral patterns lose their power and impact as people make a choice several times and behave in accordance with their present values and purposes. This process of constant reinforcement would convert the stop-gap behavioral changes to permanent habits, which, in the long run, causes lasting psychological change and more adjustive patterns of life.

#### **3.4.1 Reaction Stabilization**

Reaction stabilization can be described as the slow desensitization of automatic emotional reactions previously caused by some situations. Numerous behavioral patterns are supported by the fact that certain events cause a great emotional response in form of fear, anxiety, guilt, or anger. Such reactions tend to take place spontaneously and with the unconscious mind since they are associated with previous life experiences which are stored in memory. In the process of stabilizing, individuals start to be aware of these emotional stimuli and directly disrupt the automatic response mechanism. The strength of these reactions gradually subsides through recurrent consciousness and new decisions in behavior. The situations that used to trigger instant stress, or defensive behaviour, begin to lose their intensity with time. This does not imply that feelings are lost but instead people are able to learn to feel emotions but not to be at the mercy of them. The more emotional responses get controlled, the more psychological flexibility and capacity of people to act in a thoughtful manner rather than respond in an impulsive manner.

### **3.4.2 Choice Stabilization**

Choice stabilization is the process whereby consciously developed decisions start to substitute behavioral responses to situation in daily life. Once people become aware of their patterns and make conscious decisions internally, they have to practice their decisions in practice. This process is initially very cognitively aware and arduous as the mind is likely to get back into the methods that it is used to. Nevertheless, the new decision-making process can be made more stable and natural with the help of constant practice. People begin to stop and think and judge situations more objectively. They adopt behavior that fits their objectives, interests, and knowledge rather than on the past internal regulations. With time, the strain applied to these conscious decisions reduces since the brain gets to incorporate them in its decisions. This leads to people feeling more confident in the fact that they can affect their behavior and performance. It is a stabilization stage, which reinforced the personal autonomy and facilitated the formation of more healthy behavioral patterns.

### **3.4.3 Scenario Stabilization**

The last of the stages is scenario stabilization whereby habitual behavioral changes start to alter the life trends. Previously discussed stages are based on emotional responses and the decisions individuals make, but this stage captures the long-term development of behaviors concerning the situations in life. The results of their relationships, workplaces, and personal growth slowly start to change as people constantly implement new decisions and actions. Previously established negative patterns of a situation might begin to bring more balanced and positive outcomes. As an illustration, better communication with health can be more beneficial to the relationship or more self-confidence can bring new employment prospects. With time, new behaviors will be repeated to form completely different life situations unlike the ones experienced before. This stabilization is based on the fact that the internal beliefs, expectations and actions have been altered and this results in the creation of new relations with the external world. At this point, these new patterns become the norm of functioning of an individual which is a stable change in the behavior and life experience.

## **4. RESULTS**

The research states that there are a number of psychological processes that are of significance in the recurrence of the behavioral patterns in various periods of life. Human beings are likely to be affected by the inner influence of cognitive structures constituted by early personal

experiences that condition the way people perceive events and react to them emotionally and determine decisions. These processes occur when people seek to make sense of and adjust to powerful experiences especially in childhood as cognitive and emotional abilities are not well developed. These interpretations become internalized as they are formed into psychological rules and expectations which govern future behavior. With time, such internal structures start to act automatically and affect reactions and choices unconsciously. The paper also brings out the importance of memory organisation and predictive processing in sustaining such patterns. Brain would prefer to stick to the known interpretations and reactions as they offer some stability and predictability. This way, people will automatically recycle the same emotional responses and life situations despite their desire to change. The study of these mechanisms helps us to understand why there is repetition of behavior and how long-term pattern of human behavior is shaped by underlying psychological structures.

#### **4.1 Early Experiences Shape Behavioral Logic**

Children form their fundamental logic during early childhood, which is the reason why the way people understand the world and react to various circumstances is important. At childhood, people are yet to grow in terms of their cognitive and emotional skills, thus, they tend to simplify events. Whenever a child is exposed to emotionally charged events like criticism, rejection, over-expressed expectations, or unattention, he/she attempts to interpret these events through the development of judgments about themselves or the other people. These meanings gradually reside and transform to be beliefs that determine the perception of the individual towards safety, relationships and personal value. Since such beliefs are established at a very formative developmental stage, such beliefs will come across like unquestionable personal truths as opposed to temporary interpretations. These beliefs develop over time into internal psychological rules that are used to guide behavior, emotional responses and decision-making. Consequently, childhood experiences form a guiding system that will persist in shaping how persons will handle problems, relationships, and opportunities later in life.

#### **4.2 Memory Functions as a Predictive System**

The human recollection is not just a passive memory system that plays an essential role by storing the occurrences just as they happen. Rather, memory is an active projective system that assists people to predict and foresee situations that may come ahead of them. The brain continually throws past experiences together in a manner that will enable the brain to identify

patterns and form expectations of the possible next action. The process of prediction is useful in enabling people to react fast and effectively to situations that they are familiar with, which is the benefit of survival and psychological stability. Nevertheless, this process also indicates that people tend to perceive the current experiences in terms of the past events. When the brain notices that the present situation is similar to past experiences, it triggers the familiar reactions in terms of emotions and behavior. In most instances, this happens unconsciously and instinctively. Consequently, memory affects both perception and decision-making, as it develops expectations of individuals, situations, and potential outcomes, which tend to support already formed patterns, which have been formed many years earlier in life.

### **4.3 Automatic Behavioral Patterns**

The development of automatic behavioral patterns occurs when people react similarly to situations and also repeat the reactions with the same set of strategies learnt. Due to the preferences of the brain to predictability and efficiency, it is more likely to use the responses that have been repeatedly used in the past instead of always developing new responses. As soon as a certain response pattern has been found successful in the handling of a challenging situation, the brain captures it as a valuable and credible method. In the course of time, this strategy turns into a kind of routine and is implemented in numerous various situations. To illustrate, an individual who was taught not to conflict during childhood might stick to avoiding conflict in adulthood, despite the fact that the results of openness will be more favorable. These patterns are usually unconscious and thus an individual may not be aware that he or she is having the same behavioral response in varying circumstances. The ability to predict these behaviors gives a feeling of psychological security despite the fact that the consequences are not necessarily favorable. As a result, automatic patterns might last very long unless people are conscious of them and disprove them.

### **4.4 Emotional Triggers Maintain Old Structures**

Emotional arousal is relevant in sustaining the established psychological set ups and behavioral patterns. The trigger happens when the current situation is similar to a previous situation that had an emotional impact. Although the present case might be different in significant aspects, the brain might still process it as similar to the original experience and trigger the same emotional response. As an example, criticism by a work colleague can cause arousal of a feeling of being rejected or disapproved at a previous time. Whenever such emotional stimulations are activated, people tend to use the same behavioral strategies that

were initially acquired to deal with the previous experience. This response occurs fast and in most cases unconsciously and strengthens the already established internal rules and beliefs. Due to the urgency and intensity of emotional response, it may complicate the access to other responses. Consequently, emotional stimuli increase the strength of old psychological constructs renew and again avert the continuation of behavior patterns.

#### **4.5 Structural Awareness Enables Change**

Structural awareness is defined as the capacity to identify the internal psychological patterns, which impact thoughts, emotions and behaviors. Once a person starts comprehending the way their past events have formed their internal conclusions, rules and role models, they get a new vision of how they react and act in life. They begin to see the structure behind their behavior in response to their behavior rather than as something inevitable or strictly situational. This awareness undermines the automaticity of the responses that people have previously learnt since man is in a position to observe their responses and then act on them. With such greater awareness, it would be possible to assess whether the existing response is actually befitting the situation, or is merely a repetition of an old pattern. With this learning, there are chances of an individual having the privilege to make alternative decisions that can be more aligned with current goals and values. The crucial mechanism through which conscious choice can be used to substitute automatic behavioral repetition is then made to be structural awareness.

### **5. DISCUSSION**

The argument brings out the fact that human behavior patterns are deeply entrenched in internal psychological frameworks that are shaped by experiences in early life and not just made by conscious choice. A childhood experience has a tendency of showing people formation of interpretations about them and the world, which ultimately build up within themselves in the form of internal beliefs, rules of behavior and roles that they follow in their actions at a later stage in their lives. These frameworks are automatic and contribute to reactions toward connections, problems and prospects. Internal Autobiographical Map (IAM) model is a systematic model of the development of these patterns that connects the underlying experience, conclusions, behavioral rules, roles, and an ultimate life situation. The study also supports neuroscientific views which explain the brain as a predictive mechanism which uses the previous experiences to predict the future and which tend to maintain the pre-existing behavioral reactions. Due to this predictive process, people can recreate the same patterns many times even in cases when they wish to change consciously. The results are that

permanent behavior change needs to be structural psychological reorganization and not merely suppression of behavior. Reinterpreting childhood experiences and identifying personal strengths that have been shaped in the face of adversity will allow people to substitute the old rules within themselves with newer and more adaptive decisions. In general, the IAM model is relevant to psychological research since it combines the autobiographical memory theory with the practical approaches contributing to the sustainable personal growth and behavior change.

### **5.1 Behavioral Patterns Rooted in Early Structural Interpretations**

According to the results of the research, human behavioral patterns do not depend mainly on the conscious choice or on the immediate decisions. Rather, they are heavily impacted by internal psychological make-ups created at the early stages of life. Children perceive emotionally significant situations in case they face them, according to the little that they know about the world. These interpretations take a slow development into internal beliefs and rules of behavior that shape the future response. In the long run, these internal structures become automatic and therefore determine how people react to challenges, relationships, and opportunities. Since these patterns are based on the initial interpretation as opposed to rational thought, people might not be able to alter their behavior by a mere motivation or will. This is the reason why a number of motivational techniques or short term behavioral change programs do not create any long term change. It can also be seen that without considering the more profound structural underpinnings of behavior, individuals can adjust their behavior demandingly, but end up going back to the more well-trodden patterns that are psychologically reassuring to their own internal belief systems.

### **5.2 Identity as a Structured System: The Internal Autobiographical Map**

The IAM model of identity and behavior development offers a conceptual framework of identity and behavior development. This model explains identity as a system of psychology that evolves through interpretation of the experiences that a person goes through in life instead of viewing personality as a set of traits. This framework states that identity is constructed in a series of related factors; core experiences, conclusions that follow those experiences, rules designed to prevent such pain, roles and applications of those rules, and the life circumstances they produce that are recreated across time. Through mapping these structural aspects, individuals will be able to know the source of their life patterns and the reason why some outcomes are prone to reoccur. The model focuses on the fact that behavioral repetitions are

not arbitrary but have an internal logic that is formed in the early stages of development. By comprehending this structure, individuals can be able to perceive the predominant mechanisms behind their actions, feelings and relations, which can then offer a better journey towards significant personal change.

### **5.3 The Brain as a Predictive System**

The other valuable learning fact of the research is that it is consistent with neuroscientific viewpoints that explain the brain as a predictive system. The brain does not just respond to external events but continually employs the past experiences in predicting future events. The brain tries to keep things constant through recognition of memories and patterns and hence tries to prepare responses or give predictions of what is going to happen. This is a predictive process that makes people move in this world effectively; however, it strengthens habitual behavior as well. In cases where the oddities of circumstances are similar to those experienced previously, the brain will automatically trigger the responses that it had learned before even when these responses are not relevant anymore. Consequently, people can subconsciously re-enact some familiar situations due to their presence in compliance with the expectations of the brain. This predisposition is why individuals are at times left in unsupportive environments or re-enact bad relationship and decision-making. The anticipatory character of brain thus comes to play an important role in ensuring consistency of behavior, even in cases whereby individuals are consciously willing to change.

### **5.4 Structural Reorganization as the Basis for Sustainable Change**

This paper also points out that it is not enough to simply discourage unwanted behavior or induce new habits using motivation as a tool to bring about meaningful and lasting behavior change. Rather, long-term change would necessitate internal psychological systemic restructuring that influences behavior. It implies that people need to re-experience and re-define their initial experiences that created their internalized conclusions and rules of behavior. Through the context within which the interpretations were developed, people are able to accept that such rules were merely adaptations to the past conditions and was not a universal fact. This realization will enable them to restructure their old beliefs and to substitute old fashioned strict regulations with more convenient and constructive views. Moreover, people will be able to recognize their own strengths and abilities they acquired during the process of overcoming the previous obstacles. Having redefined their experiences and having infused these

understandings into their self-understandings, people become capable of making new choices of behavioral responses, which fit into their current goals and values.

### **5.5 Contribution to Psychological Research and Personal Transformation**

The Internal Autobiographical Map model makes a contribution to the psychology research as it combines theoretical principles of the autobiographical memory research and operational approaches to achieving personal change. Conventional psychologists consider behavior, cognitive or affective regulation independently, whereas this model focuses on the structural interdependence of memory, identity and behavior. The model explains the occurrence of behavioral patterns fully by analyzing how personal experiences get structured into internal systems. Simultaneously, it provides useful instruments to define and change these structures in a methodical manner. Such combination of theory and practice is the feature that makes the model especially useful in research and therapeutic settings. According to it, the knowledge of the narrative structure of personal experience can help people to change the behavioral patterns and the way of their life. As a result, the model does not only contribute to the further development of the theoretical knowledge but also provides a systematic course of sustaining psychological growth and self-realization.

## **6. CONCLUSION**

To summarize, the research shows that external autobiographical frameworks that are developed at an early age determine repetitive human behavior to a large extent. These structures are formed as people make sense of major experiences they had during their childhood and convert them into internalizations about themselves, other people and the world around them. With time, these conclusions make up behavioral rules and psychological role that informs the way people respond to situations, and how they relate with others. The more these internal patterns are ingrained in the psychological system of the person, the more they create repetitive life situations that can run throughout adulthood, usually unconsciously and automatically. Therefore, individuals might end up being subjected to the same results repeatedly in relationships, professional paths or emotional reactions despite their conscious efforts to alter their behavior. Internal Autobiographical Map (IAM) model presents a systematic method of defining and knowing these underlying mechanisms. The ability of people to see the internal logic of their behavioral patterns by mapping the relationship between experiences, conclusions, rules, roles, and scenarios allows individuals to see how they behave. By becoming more aware of these structures, people will be able to redefine

previous experiences, value the adaptive mechanisms that had previously aided survival or emotional stability, and they will be able to define new rules of behavior consciously. In this way, habitual responses can be over time substituted with conscious and more adaptive decisions. The results of this research thus point to the conclusion that human actions do not depend just on the individual memories or immediate choices but rather on the wider contextual autobiography that can be used to identify identity and perception. Moreover, the study highlights the fact that individual change of a significant and enduring nature can only be achieved when structural psychological change is involved, but not some form of external motivation or actual changes in behavior.

## **7. SCOPE OF THE METHOD**

### **7.1 Conceptual and Educational Framework**

IAM and Direct Change Solution® support self-reflection, behavioural awareness, and structured personal development.

### **7.2 Understanding Behavioural Patterns**

They help individuals identify recurring behaviors and examine how early experiences shape emotions, decisions, and identity.

### **7.3 Structured Mapping and Transformation**

Users map core experiences, internalized rules, roles, and scenarios to consciously adopt adaptive behavioral strategies.

### **7.4 Integration of Interdisciplinary Insights**

The method combines psychology, neuroscience, and autobiographical memory research for a holistic understanding of personal change.

### **7.5 Non-Clinical and Ethical Use**

The frameworks are not substitutes for psychological diagnosis, therapy, or medical treatment and should be applied responsibly for personal growth and educational purposes.

## 8. RECOMMENDATIONS

### 8.1 Focus on Structural Identity Patterns

Deep identity structures should be identified and transformed to focus on functions of the interventions on behavioral change of isolating the behaviors instead of addressing them.

### 8.2 Encourage Autobiographical Mapping

Self-awareness practices should include structured mapping of personal autobiographical experiences shaping beliefs, roles, and behavioral patterns.

### 8.3 Empirical Validation through Research

Future studies should empirically test the Internal Autobiographical Map method using clinical trials and experimental research designs.

### 8.4 Integrate Neuroscience and Psychology

Combining neuroscience with autobiographical psychology may deepen understanding of long-term behavioral change mechanisms.

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