

## **Living with Ideas: Reflection**

### **What did you make? And why did it matter?**

I call my intervention Reverse Externality. For the last two days, I have incorporated the energy used for producing the products I throw away into my own energy intake (food). Since in the long-term I want to explore the topic of Climate Accountability and Climate Justice, I thought of how to make ourselves/myself physically feel the effects or at least some consequences of our habitual actions. How do we counter this "out of sight, out of mind" behavior when it comes to consumption/consumerism?

### **What happens when you involve yourself?**

In terms of logistics, it took me a few hours to prepare: to buy a food scale, calculate my baseline and research (quickly) on different types of waste. It took a lot of conscious effort to execute. Since it affected my hunger, therefore my mood, I found it harder to stick to the rules I've set up for myself.

### **What happens when you use yourself as an instrument?**

The "results" are all biased. My thoughts and reactions on what I was doing gets mixed up in the meta-analysis of the intervention itself. I find myself frequently questioning if I have designed my intervention well. While I do understand that this is not an experiment per se, I realized that this intervention is difficult to replicate in a fair manner because others who have a higher baseline intake (who eat more calories per day) would have this larger capacity to "consume" waste. I am already thinking about possible revisions.

### **Did anything change about your way of working?**

It is like putting on this new lens that forecasts the future of each object I'm about to use or buy and identifies which parts will end up in the bin and when. It further reduced my (already low) impulsivity, now I take twice as long to do my groceries. I've also been a little more stressed now because it is getting in the way of my normal routine, which is the point anyway.

Much of this "shock" is probably because of the very short time we had to plan and do the interventions. It will be interesting to see the long term effects especially since there is an element of health risk.

### **What does it mean for your future work?**

I might be able to use the 1PP approach when I go back to the Philippines and design/facilitate workshops.

### **After seeing the videos of your design space collective, how does it change your understanding of it, present new opportunities or inspire new possibilities for collaboration?**

As said in class, Carlotta's and Oliver's interventions are similar to my interest in Climate Accountability and Circularity. These are admittedly very big topics and we were able to tackle and show the different aspects of these "problems"/opportunities.

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