Ever Walked Into a Room and Suddenly Forgotten Why?

Hello dear person. Yes you. Perhaps you opened this essay with full intention to “just skim it quickly” because you have a ton of other essays to review but I can guarantee slowly you will be more interested because somewhere between this sentence and the next, your curiosity will quietly take over. Your quick glance will turn into careful reading. And by the time you reach the end, there is a highly likely possibility that you will have forgotten the other essays you intended to review,

Now let me ask you something very important.

Have you ever walked into a room…
and then just stood there…

Completely still.

Like a beautifully placed object that contributes absolutely nothing except occupying space.

Of course you have. Do not even try to act superior. This is a universal human failure. If you are thinking “this has never happened to me” then I regret to inform you that either you are lying or you have never walked into a room before, which raises more concerning questions.

Anyway, before you click away thinking this is just another dramatic exaggeration, let me reassure you. This is not just your personal memory loss issue. This is mathematics.

Yes. Mathematics. I believe this is the subject to be blamed for 94.37% of your problems.

1- What Just Happened to Your Brain

Let us begin with a simple idea.

At time t equals zero, you have a purpose. A clear mission. A goal. Something like “get water” or “find charger” or “check if I left the stove on and prevent disaster”.

Now as time t increases, something tragic happens.

Your memory starts to decay.

Like your New Year resolutions…

We can model this using a function. And before you panic, relax. It is not as scary as your memory loss

$$M(t)=M_0e^{-kt}$$

This means your brain starts strong and then rapidly gives up.

In real life terms

At t equals 0
“I need my charger”

At t equals 5 seconds
“I came for something”

At t equals 10 seconds
“I have no idea who I am”

Basically your memory starts strong and then slowly disappears into thin air

Or in simpler terms

You start as a focused individual and within seconds you become a confused NPC. (Please use your resources and google what is an NPC if you are unaware of the term)

2 The Doorway

Now let us identify Voldemort (villain) in this situation.

The doorway.

Yes. That innocent looking rectangle in your house.

Psychologically, crossing a doorway signals a change in environment. Your brain decides “new room, new context” and casually deletes your previous task like it was a spam mail.

Let us define a variable **D** which represents the **number of doorways crossed.**

Now here is the fun part.

The probability of forgetting increases with D.

So if you walked from your bed to the kitchen directly, you might survivethe battle

But if your journey involved
bedroom to hallway
hallway to living room
living room to kitchen

Then congratulations. Your brain has officially retired before time.

Somewhere between the hallway and the living room, your purpose sat down and thought, “I am not getting paid enough for this,” and left.

By the time you reach the kitchen, you are no longer a person with a mission. Just a human standing near the fridge, opening it, staring inside, hoping the answer lies within the eggs

Let’s examine real life data. By real life data I mean observations that you and I both know are true but no scientist has formally admitted yet because they are either scared of losing their career or burdened by the weight of reputation.

Action	Probability of forgetting
Thinking while sitting	5%
Walking normally	19.54%
Entering a room	67% (siks — sev-uhnn 👐)
Entering and seeing your phone	93.26
Entering and someone asks something	100%

If you disagree with this table or believe it lacks scientific accuracy, feel free to conduct your own experiment.

The Distraction Disaster

Now we introduce another variable just like guys introduce GFs in their life

λ which represents distractions.

- Distractions include
- your phone
- a random noise
- someone calling your name
- or your brain suddenly thinking about a lame meme

Now the probability of forgetting becomes

$P(\text{forget}) = 1 - e^{-\lambda t}$

Which in non-mathematical language means

The more distractions you have, the less chance you ever had.

5 The Graph of Your Downfall

Now imagine a graph.

On the x axis we have time.
On the y axis we have memory strength.

At the beginning, the graph is high. You are sure why you came.

Then the curve drops.

Fast.

Violently.

Until it reaches a point where you are just standing in a room questioning your life choices.

If you draw this graph, label the top “I know exactly what I am doing”
and the bottom “Why am I here”

Well you have just graphed your entire personality.

7 The Phone Problem

Let us talk about your phone.

You walk into a room to do something important.

Then you see your phone.

Big mistake.

You pick it up “just to see if there’s an important message”.

That second becomes five minutes.

Then ten.

Then suddenly you find yourself scrolling reals

Meanwhile, your original task is gone.

Not delayed.

Gone.

We can model this as task displacement.

Original task probability drops to zero once phone interaction begins.

Your brain switches applications and forgets to save progress.

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8 The Standing and Staring Phase

This is the most iconic stage.

You are in the room.

You have no idea why.

But instead of leaving, you stand there.

Why?

Because your brain believes the answer will magically appear out of nowhere

It will not.

You might open a cupboard.

Close it.

Open it again like the answer might load this time.

It will not.

9 The Return Journey

Now you go back.

Slowly.

As if nothing happened.

And suddenly

The memory returns.

Instantly.

This is known as **context recovery.**

Your brain needed the original environment.

Let R be the probability of remembering after returning.

R is extremely high.

Which proves something very important

Your brain is not broken

It is just extremely bad at multitasking

10 Double Forgetting Event

Sometimes, things get worse.

You go back to remember.

But then

You forget again.

Now you are stuck in a loop.

Room A to Room B to Room A to confusion to Room B again.

At this point, you are no longer a human.

You are a system error.

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11 Emotional Interruption

Now let us be serious for a moment.

This situation is funny.

But it is also strangely human.

You had a goal.

You lost it.

You stood there confused.

And then you tried again.

That is not just about rooms.

That is about life.

We all start with plans.

We lose direction.

We pause.

We go back.

We figure it out again.

So maybe this is not failure.

Maybe this is just how life works.

Messy.

Confusing.

Question

Now be honest.

Do you remember you just had to skim through.

If yes, impressive.

If not

This essay has successfully proven itself.