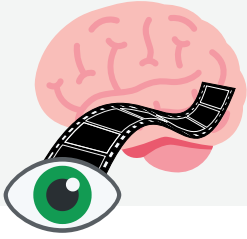
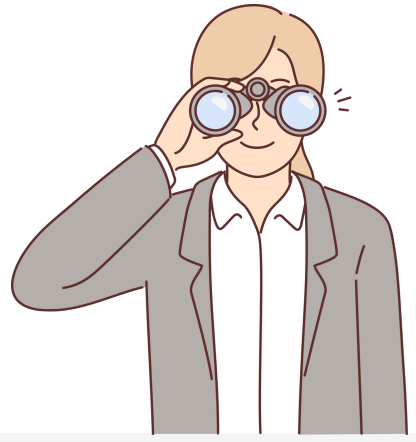


# How does the brain process everything you perceive?

A new study shows that our brain primarily uses **predictions** to perceive the world: only when those predictions don't match do we rely on what we actually see.



It was once thought that the brain worked like a **camera**: An image first enters through your eyes and is then processed by the brain.

Sometimes you need to act before you're even consciously aware, like when someone suddenly throws something at you.

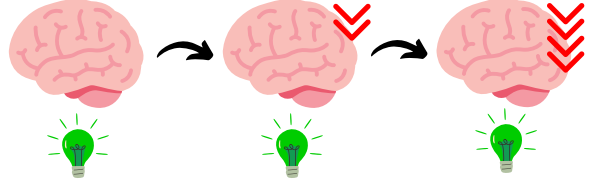


## New findings

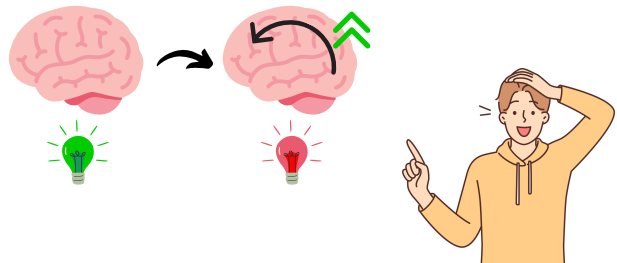


The brain is constantly predicting what will happen based on past experiences. Only when you see something that **doesn't** match these expectations, the brain relies more on your eyes.

With **repeated** exposure to the same situation, the brain areas responsible for vision respond less and less.



Only when something **unexpected** happens, this information is sent further into the brain, leading to an adjustment of expectations.



## Autism

The brain makes many predictions based on your past experiences, allowing you to focus on what is truly important.

This process may be disrupted in individuals with autism, making the world feel more unpredictable and overwhelming.



So, the brain is **not a camera** that simply records what your eyes see. Instead, your brain is always looking forward, making predictions based on your expectations



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