

Chain Method Basics

The Chain Method is a way to remember lists of information. Unlike the other rapid learning tactics that I'll talk in this book, this is specifically for remembering lists of information. It's a very focused purpose, but it's also very good at that task. So if there's lists of information you need to remember, or the facts or things you need to memorize can be stored in lists, the Chain Method is a really good way to do that.

So we'll walk through a very simple example here, so you can get an idea of how it works. In this example, we'll walk through the list of going through apple to car to gym and to banana. So this is a very hypothetical list, there isn't really a lot of studying situations where you need to remember something like this, but it's good to practice with examples like this because it's a little bit easier. It makes the technique a little bit simpler to train with. So your first few times using the technique, try making simple lists with simple, easy-to-visualize objects like this, and then once you get in the habit of doing it, then you can move to more complicated topics and lists of concepts or facts.

So let's go with this simple four-item list and try to chain it together. So the first two items are apple and then car. So we want to create the chain, we want to create an image in our minds that associates apple and car in a particularly vivid fashion that's sort of ridiculous, maybe it's something that's exaggerated, or there's thousands of it, or millions of it, or in general something that cannot exist in real life. That will make it more memorable. When you create that visual association, that sears the link between those two items in your mind so that you can chain up a bunch of items and store the list.

So for me, apple and car, what would be a good way to think of this example? For me, an example is a giant apple driving a car. Now, this is very ridiculous; you would never see in real life a giant apple driving a car. But, it's very easy to remember because of that. If you just had an apple sitting next to a car, it wouldn't be a very good chaining.

The next item is car and gym. So how am I going to associate car and gym? So again, take those two easy-to-visualize items, and try to form a ridiculous association between the two. So for the car and the gym, I need to imagine a car on the bench press, trying to lift an extreme amount of weight, say like ten thousand pounds on each side, and it's trying to lift the bench press. So this is again a ridiculous example. Cars don't lift weights, it's very cartoonish, but again, very easy to visualize.

Finally, between gym and banana. Again, try to think of something that's very easy to visualize, very ridiculous, and very memorable. So just pause the video right here, and try to create your own association between gym and banana. Just test out the idea. Now that you're back, the association I came up with to associate gym and banana is a banana and except this time he's lifting weights. So there's a giant banana and he's lifting weights, but it's not just any size weights, he's lifting a million pounds on each side. So it's many times the size of the banana on each side, and he's lifting it, and he's pressing it over the top of his head.

So this is an example of how you can make it more exaggerated, if you think make things in larger proportions than they normally are, so it's not just lifting a ten-pound weight, it's lifting a million-pound weight. If you make things so there's not just one but ten thousand of something; so if there were ten thousand bananas all lifting weights in this big gym, that would be a better example than a single banana lifting in the gym, because it's more memorable, it's more exaggerated.

So try going through this with yourself. Try thinking of a simple list of very easy-to-visualize items, creating a list, and then work through each of the associations. Then, cover up the list, start with the first item, and see if you can't work your way through the chain by remembering the images that you associated with it. In the next video, we'll explain how you can use this on more complicated concepts, but when you're training a tactic and using your first thirty-day trial, it's good to start with easy examples so you can get in the habit of doing it.