# THE PREDICTIONS MY MIND MAKES

PURPOSE

Your mind is a prediction machine. It needs things to make sense, so it comes up with an answer fast. Often that answer is wrong. We do not notice these predictions. We just believe them.

**Seeing them is the most important part.** Once you see a prediction, you can question it next time.

INSTRUCTIONS

1. Relax. This is not about looking good. It is about finding the real predictions your mind makes.
2. As each statement comes up on the screen, write the first thing that comes to mind on your spare paper. Be quick. Do not think it over.
3. When we stop, copy your answers onto the lines below, word for word. Do not fix them.
4. Read each answer. Tick one box: it feels true, or it could be wrong.

**Why this works.** Many brain scientists now think the brain works by guessing what comes next and then checking. Finishing a sentence fast is an old way to bring hidden beliefs into the open. And learning to see a thought as a guess, not a fact, is a skill therapists teach on purpose.

PREDICTIVE PROCESSING (CLARK, 2013 · FRISTON, 2010 · BARRETT, 2017) · SENTENCE COMPLETION (ROTTER, 1950) · DECENTERING (FRESCO ET AL., 2007)

| | THE STATEMENT · MY FIRST ANSWER | FEELS TRUE | COULD BE WRONG |
|---|---|---|---|
| 1 | I tend to be the one who … | ☐ | ☐ |
| 2 | Life's easier if I just … | ☐ | ☐ |
| 3 | I'm not very good at … | ☐ | ☐ |
| 4 | I can't take risks because … | ☐ | ☐ |
| 5 | I notice I always end up … | ☐ | ☐ |
| 6 | Money is a … | ☐ | ☐ |
| 7 | I can tell people … | ☐ | ☐ |
| 8 | I didn't try because … | ☐ | ☐ |

LOOK AGAIN BE HONEST. NOBODY ELSE HAS TO SEE THIS.

1. Which answer surprised you?

2. Which one sounds like someone you grew up with?

3. Which prediction is running your life right now?

4. If it is wrong, what would you do differently?

# MY STORIES

Under every prediction is a story. A story about me, about other people and about the world. Finish each one with the first thing that comes to mind. Then tick one box.

| | THE STORY · MY FIRST ANSWER | FEELS TRUE | COULD BE WRONG |
|---|---|---|---|
| **SELF** | | | |
| 1 | I can ... | ☐ | ☐ |
| 2 | I can't ... | ☐ | ☐ |
| 3 | I am ... | ☐ | ☐ |
| 4 | I want ... | ☐ | ☐ |
| 5 | I must ... | ☐ | ☐ |
| 6 | I should ... | ☐ | ☐ |
| 7 | I won't ... | ☐ | ☐ |
| **OTHERS** | | | |
| 1 | They did ... | ☐ | ☐ |
| 2 | They can't ... | ☐ | ☐ |
| 3 | They should ... | ☐ | ☐ |
| 4 | They are ... | ☐ | ☐ |
| 5 | They will ... | ☐ | ☐ |
| 6 | They must ... | ☐ | ☐ |
| **THE WORLD** | | | |
| 1 | The world should ... | ☐ | ☐ |
| 2 | The world is ... | ☐ | ☐ |
| 3 | The world isn't ... | ☐ | ☐ |
| 4 | The world must ... | ☐ | ☐ |

**The story I tell most often is:** _____