## Words

## Task

Spend all day trying to think for yourself

But already, we're off to a bad start! These words you are now reading, whose are they?

Whose is that voice in your head? Yours or mine?

When you hear someone speak, the words remain theirs – to be ignored or disagreed with as you choose. But somehow to read someone's thoughts is to allow them, however temporarily, to take over the language centres of your brain. For as long as you are caught up in what they say, the writer becomes your inner voice.

Does that mean that, for a moment, the writer becomes the reader?

Or does it mean instead that, for a moment, the reader becomes the writer?\*

<sup>\*</sup> All the tasks are discussed, explained and – just occasionally! – 'solved' in the Debriefing section which makes up the second half of the book. In this case, see p. 71 for a fairly brief contextual note.

Mind Games: 31 Days To REDISCOVER Your Brain, Martin Cohen © 2010 John Wiley & Sons Inc