

## Activity to Explore Thinking

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### Predict Your Next Thought Activity

Here is an activity to explore thinking.

Activity:

See if right now you can predict your next thought.

What happens?

Always good to do something more than once, so do this again, see if you can predict your next thought.

Predict means to anticipate. Did you anticipate your next thought or did you just start thinking?

OK, do this again, predict your next thought. What happened?

Can you predict your next thought?

What insights did this activity give you?

**Questions to contemplate:**

Where do thoughts come from?

What or who creates thoughts?

Are you in control of your thoughts?

Can you stop thoughts?

Are you your thoughts?

Do you identify with your thoughts or are you able to watch them neutrally?

**Now do this activity again with these questions in mind.**