



Sentence Inhibition Activity 1

This activity was inspired by a neuropsychology test called the Hayling Sentence Completion Test. In the test, participants hear or read a common sentence. Then they try to stop (inhibit) themselves from giving the typical ending and state, instead, something different and possibly nonsensical. It's much harder than you might think. For example, if you stated, "The captain wanted to stay with the sinking...," most people would say "ship." However, the task for respondents in a Sentence Inhibition Exercise is to stop themselves from saying "ship" and say something else like "stocks" or "rock." This activity exercises prefrontal cortical regions involved in inhibiting thoughts and behaviors. If we can improve our ability to inhibit, we might also improve attention and memory.

Instructions: Have participants or patients verbally state a word that is different than the typical response, after you verbally state the first part of the sentence.

The captain wanted to stay with the sinking_____.

We love to decorate the Christmas _____.

The student was late catching the _____.

I love my mom and _____.

Could you please pass the salt and _____.

Three strikes and you are _____.



Today I went to the Red Cross and gave _____.

The school bus stopped to pick up _____.

The sun is out, it sure is a beautiful _____.

He doesn't like to dance; he claims he has two left _____.

Would you mind putting another log on the _____?

I don't have any cash with me. Do you take _____?

Would you like another cup of _____?

The grass often seems greener on the other side of the _____.

Let's get going, time is _____.

Wow, she got there in the nick of _____.

It is hot enough to fry a _____.

The judge said it was an open and shut _____.

Everyone was thinking about the 800 pound gorilla in the _____.

He preferred to be a big fish in a small _____.

It was raining cats and _____.

She always was the apple of his _____.

Speak softly but carry a big _____.

There is no place like _____.