



## 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 \_\_\_\_\_.