

Instructions for Introspecting

1. Say whatever's on your mind. Don't hold back hunches, guesses, wild ideas, images, intentions.
2. Speak as continuously as possible. Say something at least once every 5 seconds, even if only "I'm drawing a blank."
3. Speak audibly. Watch out for your voice dropping as you become involved.
4. Speak as telegraphically as you please. Don't worry about complete sentences and eloquence.
5. Don't overexplain or justify. Analyze no more than you would normally.
6. Don't elaborate past events. Get into the pattern of saying what you're thinking now, not of thinking for a while and then describing your thoughts.