MINDTHEORY

UNDERSTAND • BALANCE • GROW



Summary Sheet:

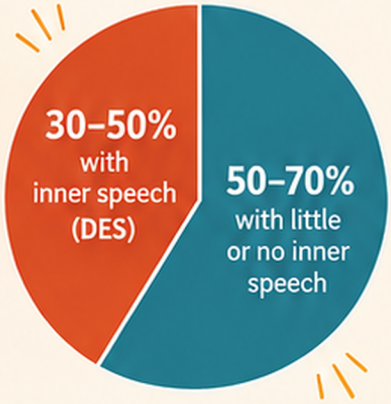
Understanding Inner Speech vs. Non-Verbal Thought



Different minds. Different styles.
All are normal.

1 The Thought Spectrum

Not everyone has a constant inner voice.



- Studies suggest **30–50%** of people experience frequent inner speech (called verbalizers).
- **50–70%** experience little or no inner speech (called non-verbalizers).
- Both are completely normal and healthy ways of thinking.

There is no "right" or "wrong" way. It's a spectrum, not a divide.

2 Anendophasia & Cognitive Styles

Thinking can happen in many ways.



Unsymbolized Thinking (Anendophasia)

- Little or no inner voice.
- Thoughts occur as concepts, feelings, or direct understanding.
- Common and completely normal.



Visual Thinking

- Uses mental images, scenes and visual spatial thinking.
- Common in creative, technical and problem-solving tasks.



Sensory Thinking

- Relies on sounds, feelings, bodily sensations or emotional impressions.
- Helps in memory, intuition and real-world understanding.

3 3-Day Self-Discovery Action Plan

Explore your own thinking style with simple, practical exercises.

Day 1 — Notice & Observe

Become aware of your thoughts.



- ☐ Spend a few times today noticing how you think.
- ☐ Is there a voice, images, feelings, or a mix?
- ☐ Don't try to change anything — just observe.

Day 2 — Try Different Tasks

See what feels natural.



- ☐ Think about a simple problem (e.g. plan a trip, solve a task).
- ☐ Notice: do you use words, images, or feelings?
- ☐ Try both approaches and see which feels easier.

Day 3 — Reflect & Understand

Find what works for you.



- ☐ Reflect on what you noticed.
- ☐ Identify your dominant thinking style (or mix).
- ☐ Appreciate your unique mind — it's a strength, not a limitation.

Key Takeaway: Whether you have a constant inner voice or think in images, feelings or sensations, both are natural. Understanding your thinking style can help you work, learn and live in a way that suits you best.

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