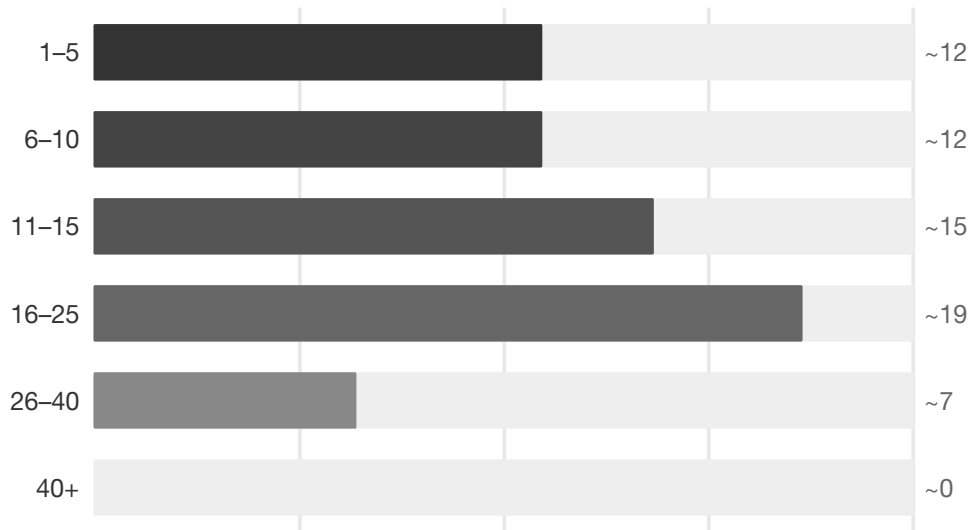


THOUGHT COUNTER

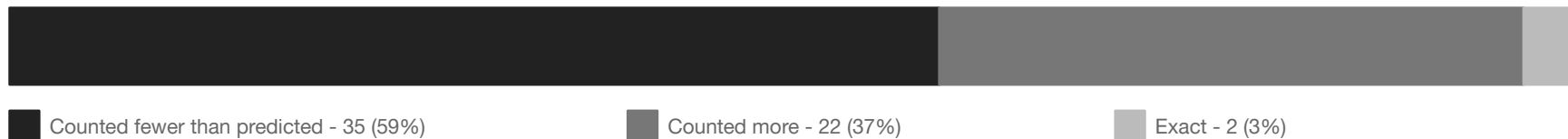
Participant Analysis · CSM, MA Fine Arts (Digital) · Interim Show · Alex Economopoulos

Thought Counts & Predictions

DISTRIBUTION OF THOUGHTS COUNTED (65 participants)

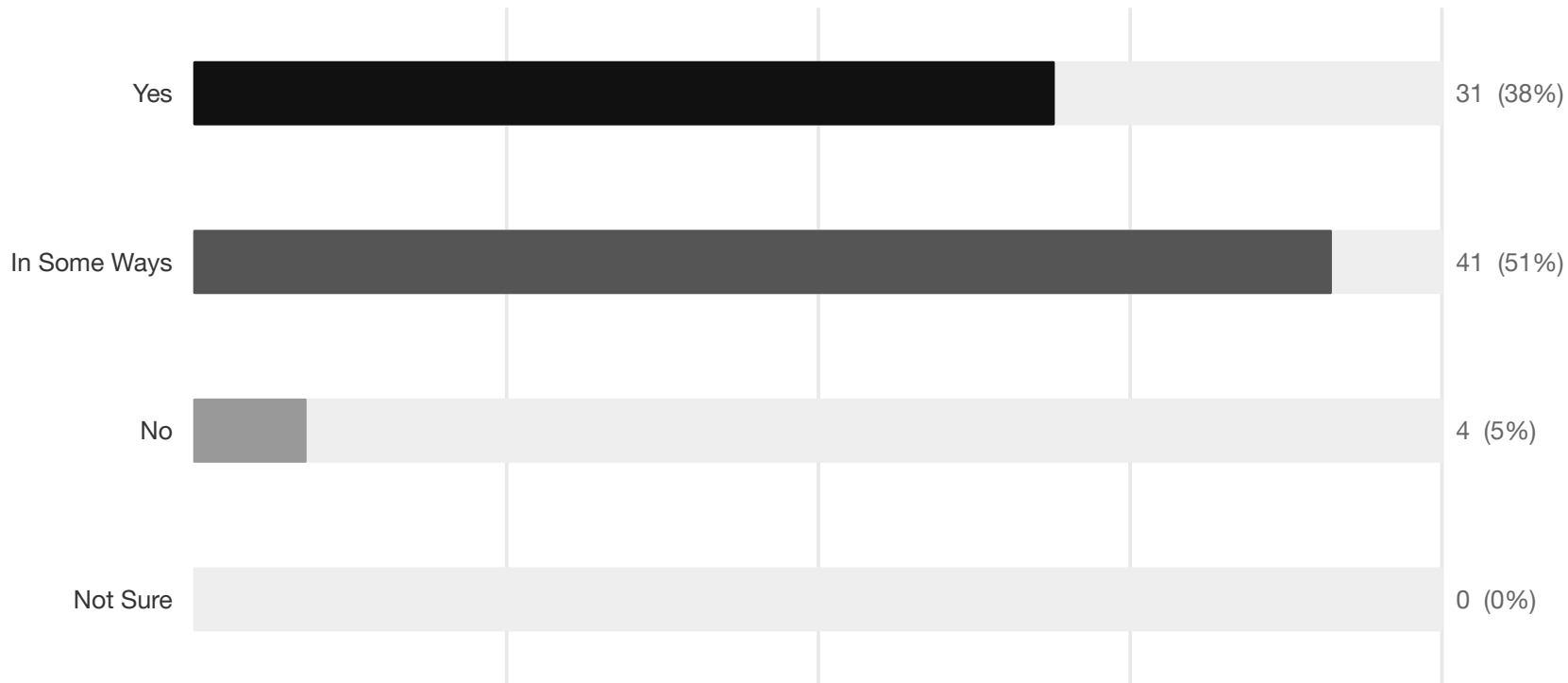


PREDICTION ACCURACY



Automatic Thoughts

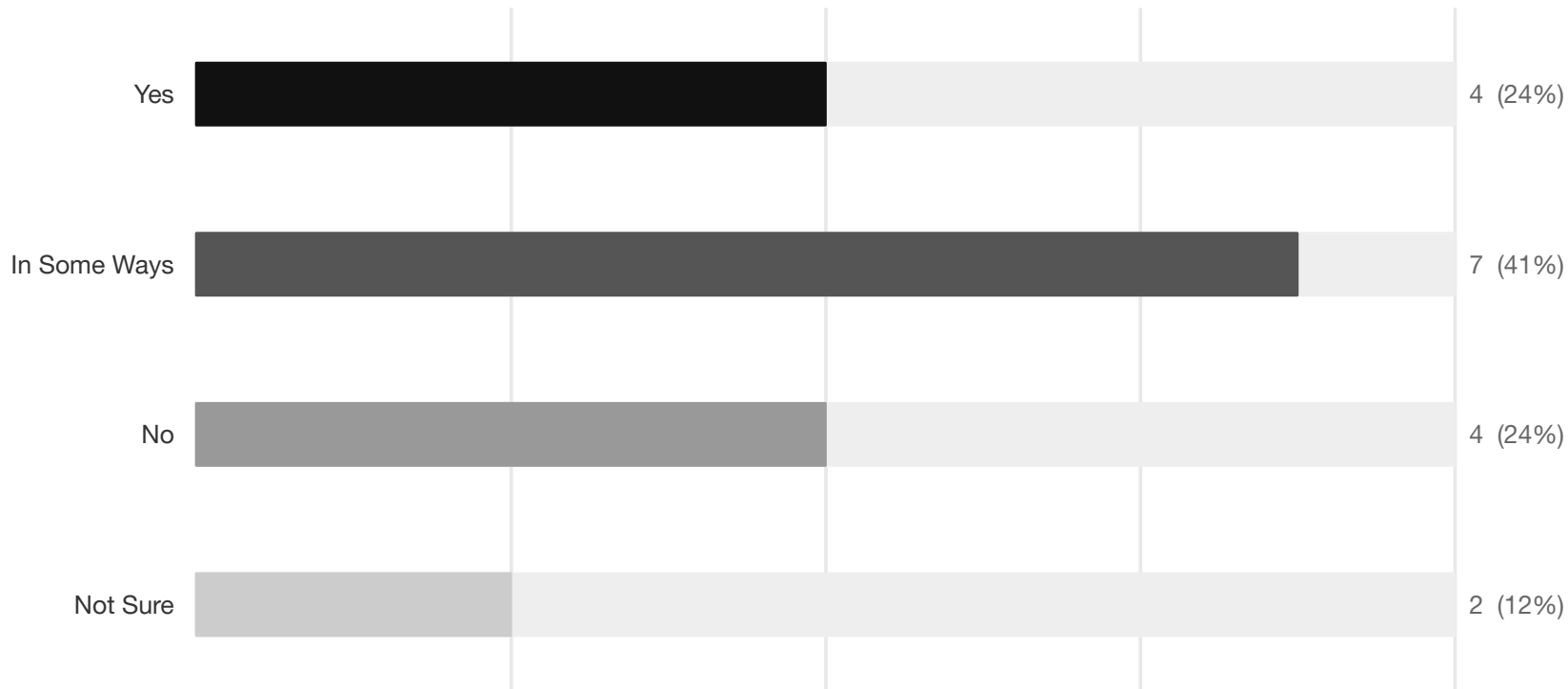
Did thoughts arise automatically - beyond your control? (81, all participants)



89% acknowledged thoughts arising at least partially automatically. Only 4 said No.

Changed Relationship to Thoughts

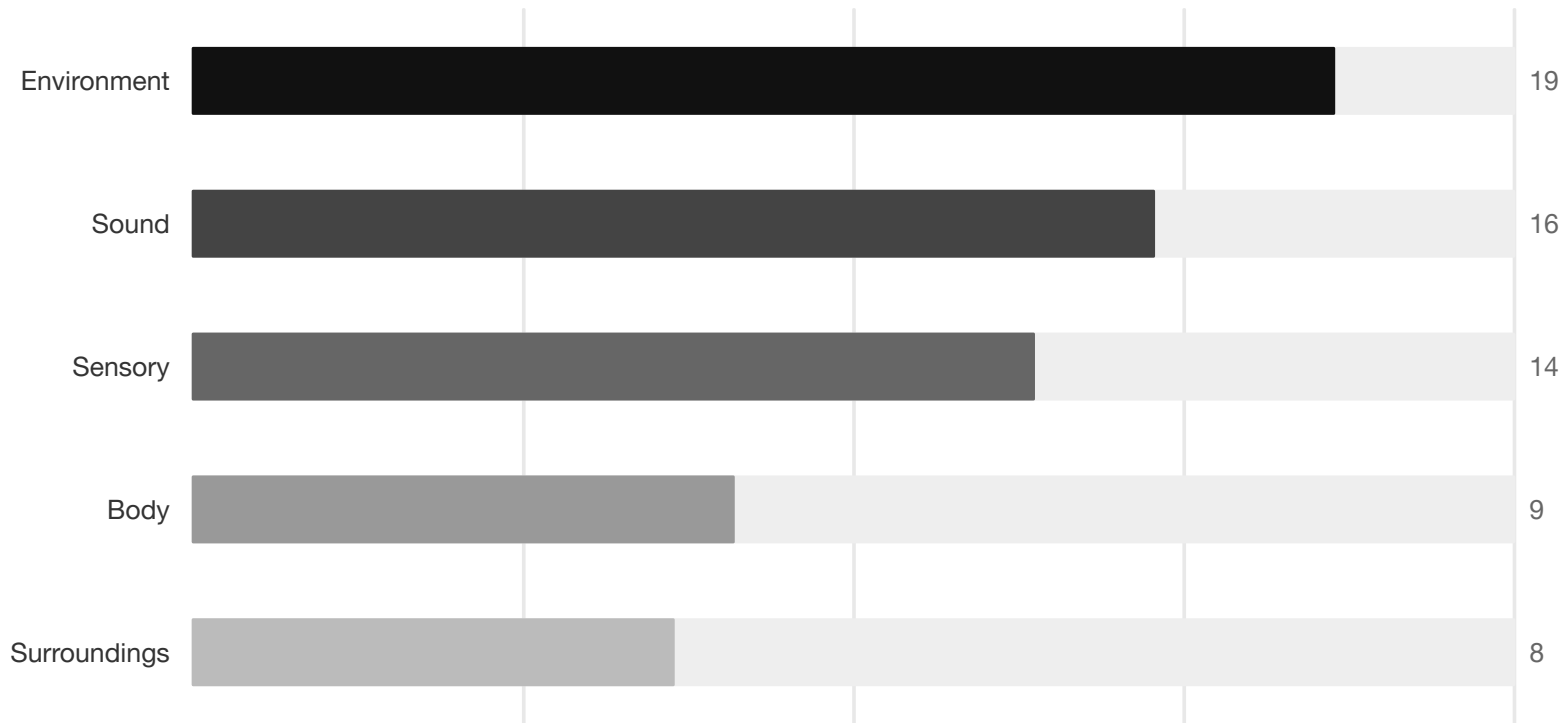
Did the exercise change how you relate to your thoughts? (Form A only, 17 participants)



65% said Yes or In Some Ways - the exercise shifted how participants related to their thoughts in real time.

Environment as Thought - Theme Frequency

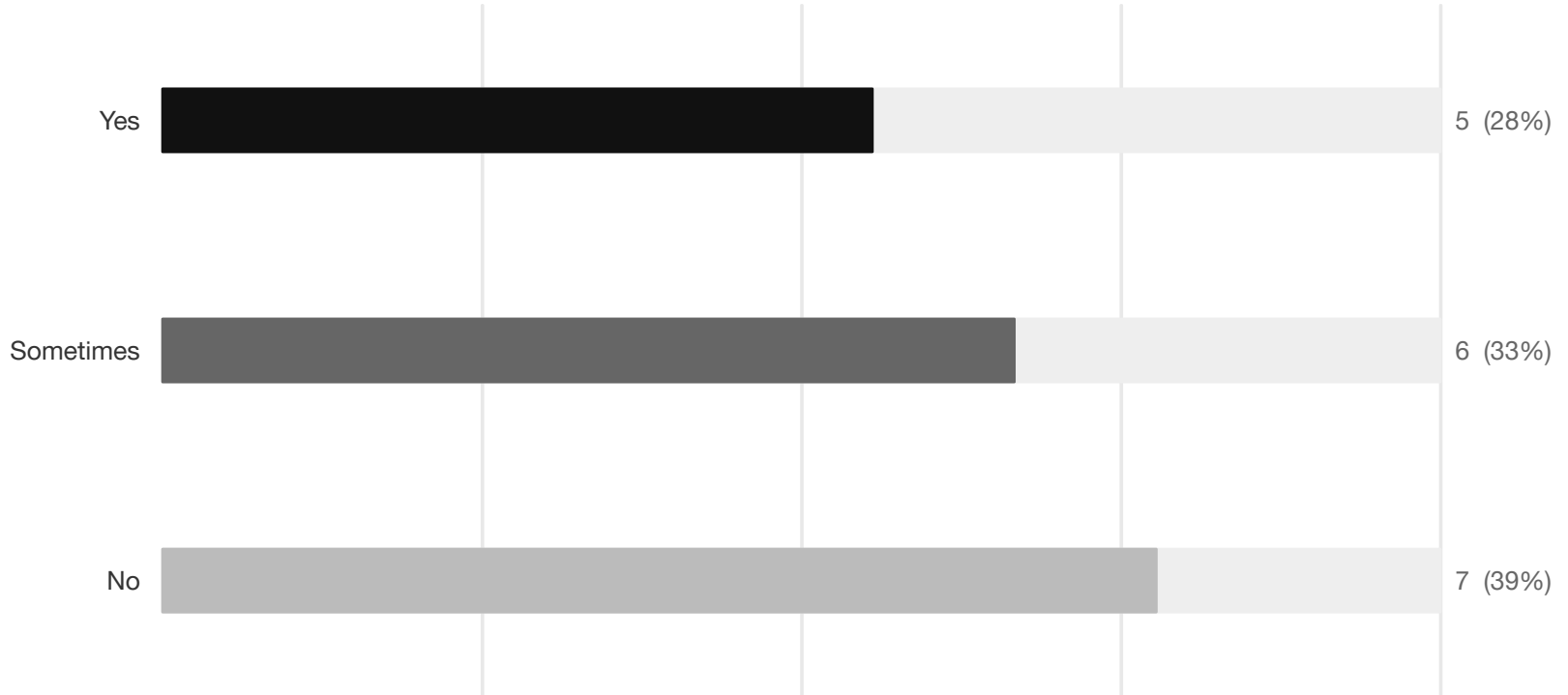
Most common themes across all free-text responses (81 participants)



The booth itself became thought-content. Environment and surroundings was the dominant theme - not internal mental events.

Meditation Practice

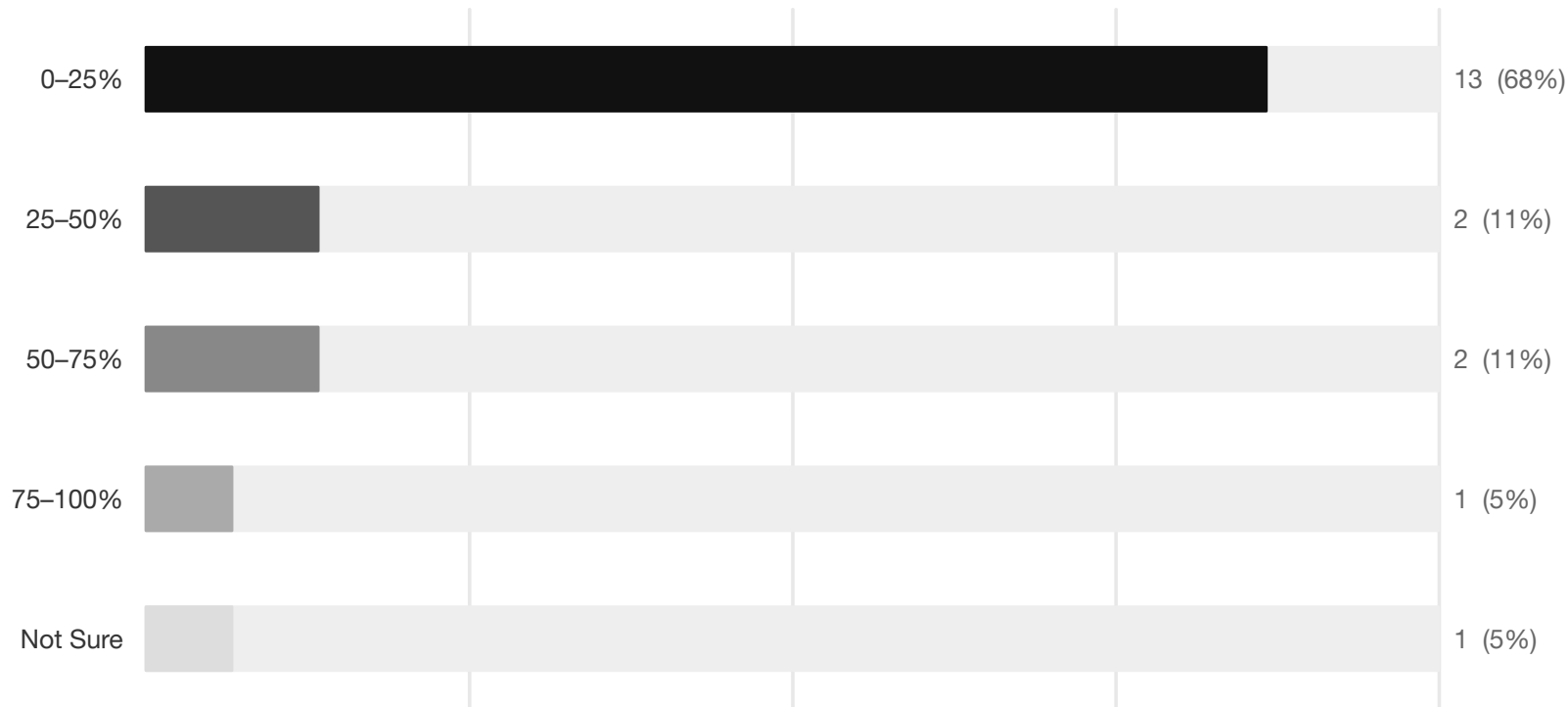
Do you have a regular meditation practice? (Form A only, 18 participants)



Meditators over-predicted thought counts more dramatically (-17.3 variance vs -4.6 for non-meditators) - more sensitive observers, worse forecasters.

% of Thoughts That Were Negative

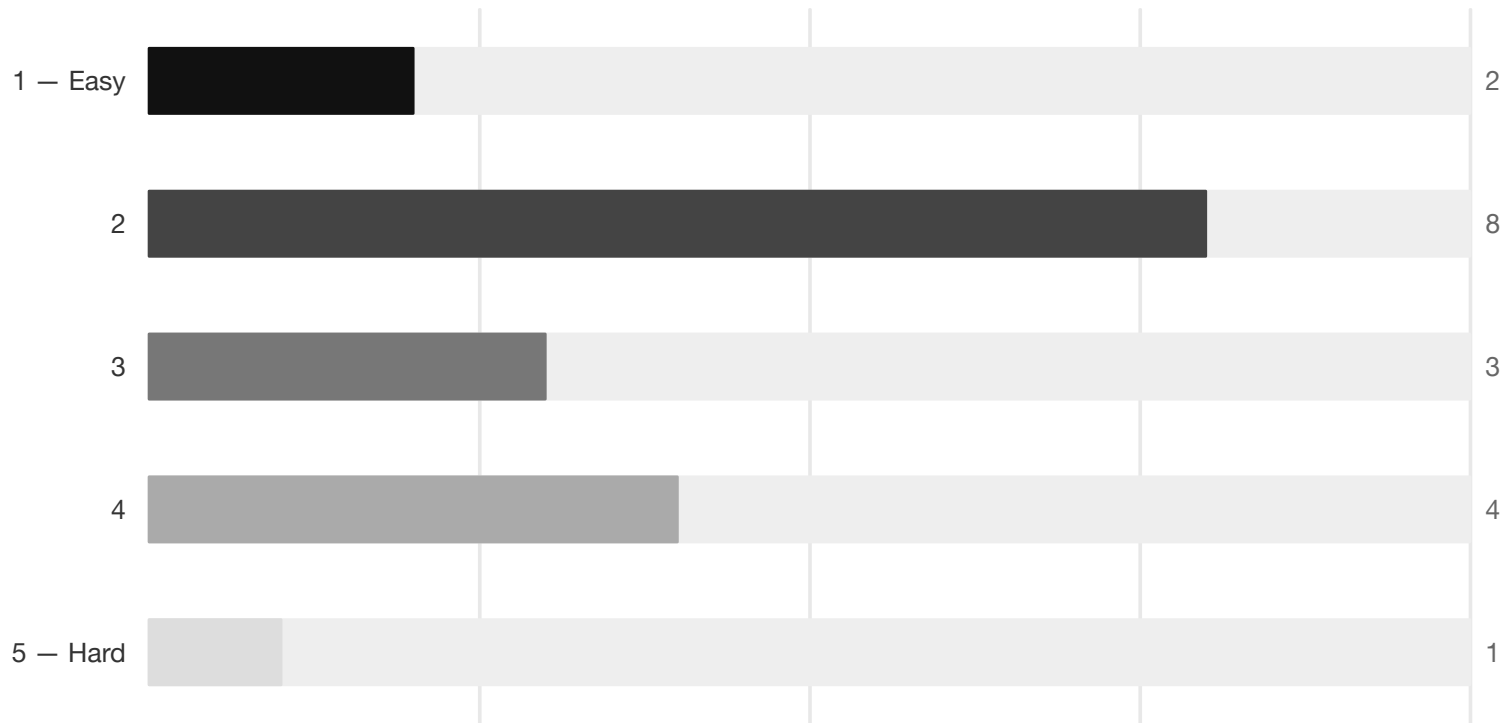
Self-reported estimate of negative thought proportion (Form A only, 19 participants)



68% reported 0-25% negative thoughts. The booth context may have induced a calmer state - focused attention reducing ambient negativity.

Counting Difficulty

How difficult was it to count your thoughts? 1 = Easy → 5 = Hard (Form A, 18 participants, mean = 2.7)



Skewed toward the easier end (mean 2.7/5). The cluster at difficulty 4 likely reflects observer-effect suppression - trying to count emptied the mind.