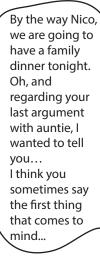


Executive functions - 1: Controlling your inhibition







Auntie? It looks like you gained some weight. I didn't, recognize you.

> ... you jump to conclusions before getting all the necessary information..

... and you don't think before answering or speaking.

But wait, I saw him walking down the street with this girl next to him. I am sure they're a couple.





Do I need it? oh yeah, I forgot. We're going away for two days



It's like I never taught you to "look before crossing", to take your time, and think before you act.

It's not a question of education, although that helps, but you should work a bit more on your inhibition. I think that you are lacking a bit of restraint (although you are not the only one).



It can be! Without inhibition, we would constantly be controlled by our distractions: our environment, habits, and thoughts would continuously force us to act out.

Inhibition enables you to control your attention, behaviour, thoughts and also your emotions; so that you can act more accordingly with the aim of the task that you want to accomplish in mind. So it's you who decides instead of running on "autopilot".



By the way, the more a child succeeds in inhibiting himself ...



... the more he will achieve at school, make less risky choices, not smoke, have better physical and mental health (e.g. controlling your cravings for fast food), and wins more in life ...



Interference inhibition (selective attention): it controls attentions so that we don't focus on visual, auditory distractors while we are doing something



Cognitive inhibition: it controls "parasitic" thoughts that disrupt the task that we are currently doing



Actions inhibition (self-control): it controls the resistance to temptations (greed, cheating, stealing) and does not act impulsively (in front of other's behaviour or without taking social norm into account)

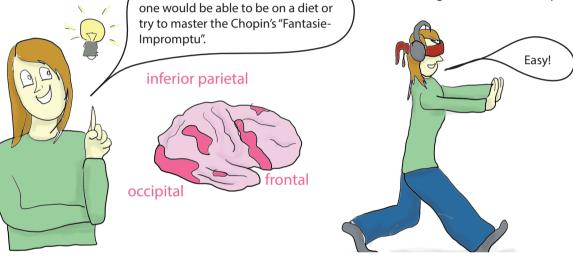




Altogether, they help give us enough discipline to complete the task, no matter what. They are also responsible for "wise" long-term decisions: when you choose to wait longer and get a bigger reward instead of having an immediate, but smaller reward.

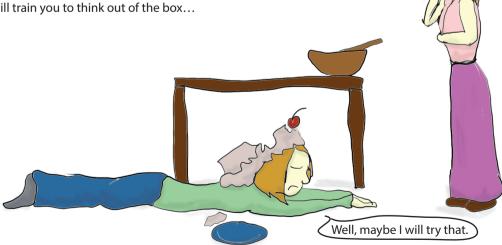


In any case, we can reduce our need to control by avoiding distractors and temptations.





Alternatively, we may do some exercises to improve our inhibition, for example: learn how to control ourselves by doing mindfulness meditation, learn more discipline by doing martials arts, or learn to prepare for a role in theatre (without getting out of our character). Also, all these things will train you to think out of the box...



Author - Illustration : Roselyne Chauvin

Editing: Adeline Lucchesi - Caroline Saunier - Jessica Massonié - Lara Todorova - Marpessa Jennifer



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