

First, there is more than one kind of inhibition. We can distinguish:

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

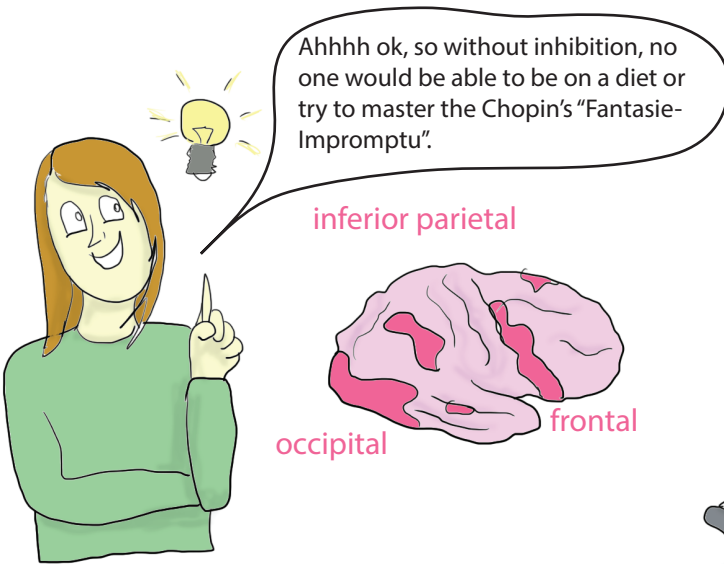


Actions inhibition (self-control): it controls the resistance to temptations (greed, cheating, stealing) and does not act impulsively (in front of other's behaviour or without taking social norm into account)



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 martial 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...

