



Daily Article (Bharath's Reading list) - Answers and Explanations 29.12.2023

Article link : [Link](#) (Is Your Inner Voice a Voice?)

1. According to the article, variation of our inner existences is due to:

- A. Variations in our anatomies
- B. Modulation of neuronal connectivity
- C. The immutability of our experience of reality
- D. All the above

Explanation : B

Only option B is correct: 'Although we're wired similarly in an anatomic sense, we certainly aren't wired identically at the cellular level. In fact, at the cellular level, everyone's wiring is constantly in flux.'

2. The article states that we can affect a more adaptive response to our lives by:

- A. Making cognitive and behavioral interventions that enable repetitive activation of more desirable pathways
- B. Altering our external environments for the better
- C. Using medications which potentially reinforce adaptive neural networks over maladaptive ones
- D. All the above

Explanation: D

Refer to the last paragraph. All given points are stated.

3. Based on the article, which of the following is incorrect?

- A. Some people experience no definitive inner monologue
- B. We all experience reality somewhat differently
- C. By directing thought intentionally, it is possible to promote more adaptive neural network activity
- D. None of the above

Explanation: D

None of the given statements is incorrect