

On **Green** trials try to:

1. Quickly **THINK** of the response word
2. Press the spacebar when it comes to mind and continue to keep it in mind

On **RED** trials try to:

1. **NOT THINK** of the response word
2. Remain focused on the red hint word the entire time and do not try to distract yourself with other thoughts
3. Press the spacebar if it accidentally comes to mind and try to actively push it out of mind

During **hidden** words try to:

1. Press the spacebar as soon as you can identify the hidden word
2. Try to be as quick as you can while still being accurate
3. Be careful not to try to predict what the word will be because this will often cause errors