

## Verbal Script for Emotiv EEG Sample Set (5 Minute)

TIME	VERBAL PROMPT	THOUGHT FOCUS
0:00	Welcome. Relax and just Listen Counting up to 30 – 11,12,13.. etc	Listen, passive mode to settle in
0:30	Think of JOY in the past – personal moment Thing of very Happy Moment from years ago Imagine that moment – how happy you were Loop it over again in your mind Remember the joy	Joy + Historic
1:00	Think of JOY today – here and now What makes you happy about today world? What is wonderful and good? Loop this joy, here and now in your mind	Joy + Current
1:30	ANGER. Think of something that happened in the past that made you angry. Feel the memory of your rage Loop the memory – remember how mad you were	Anger + Historic
2:00	ANGER Today – Now thing about something today that makes you mad. About the state of the world Loop that thought. Feel the intense emotion	Anger + Current
2:30	RELAX - Good Job. Now Relax. Just sit back and listen. I'm going to talk for thirty seconds – a bit of counting to a regular beat 37,38,39..	Relax and listen Beat synchro
3:00	Think of a roller coaster ride Imagine yourself on the ride with the loops and drops and turns.	Roller coaster ride - spatial
3:30	Now relax – imagine you're in a hammock on a beach in Thailand. Hanging out	Relax Hammock
3:45	PAIN – now thing of a time when you hurt yourself. Ouch. Remember how that felt.	Pain. Vivid
4:00	FOOD – now think of your favorite food – how nice it tastes when you eat it. Delicious!	
4:15	Please rub your hands together – back and forth and back and forth.	
4:30	Please now tap your feet – alternating left and right with the sound of my voice.	
5:00	Session is Complete. Great job1 Please clench your jaws to signal end of experiment and can shut down.	Termination Mark.