**Activity: Coffee (Adapted from Castle and Buckler, 2018: 179)**

* Keep a track of each ‘cup of coffee’\*
* How does your perception of each cup differ during the day? For example, are your thought patterns the same? Is the first cup rushed to get the ‘hit’? Do they taste the same each time?
* Record your thoughts and feelings on the chart below:

|  |  |  |  |
| --- | --- | --- | --- |
| **Cup number** | **Time of day** | **Situational variants** (e.g. where are you drinking it, what have you been doing just before the cup, what are you doing while drinking, are you alone or with others, etc.?) | **Your thoughts and feelings about the cup.** |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |

* Does James (1890) have a valid point that our reactions constantly change although the illusion is that our thoughts remain the same?

(\* replace ‘cup of coffee’ with whatever you regularly drink during the day)