

IDEO-MOTOR

Meaning: Ideo-motor refers to a psychological phenomenon where a person's thoughts or ideas unconsciously lead to involuntary physical movements.

1. The ideomotor effect can explain why people sometimes feel compelled to move their hands during a séance.
2. In psychology, the ideomotor phenomenon illustrates how unconscious thoughts can influence physical actions.
3. Researchers have studied the ideomotor response to better understand the connection between mental imagery and motor skills.
4. The concept of ideomotor actions is often demonstrated through simple experiments involving pendulums or muscle testing.
5. Understanding the ideomotor effect is crucial for interpreting the results of certain psychological tests and therapies.

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