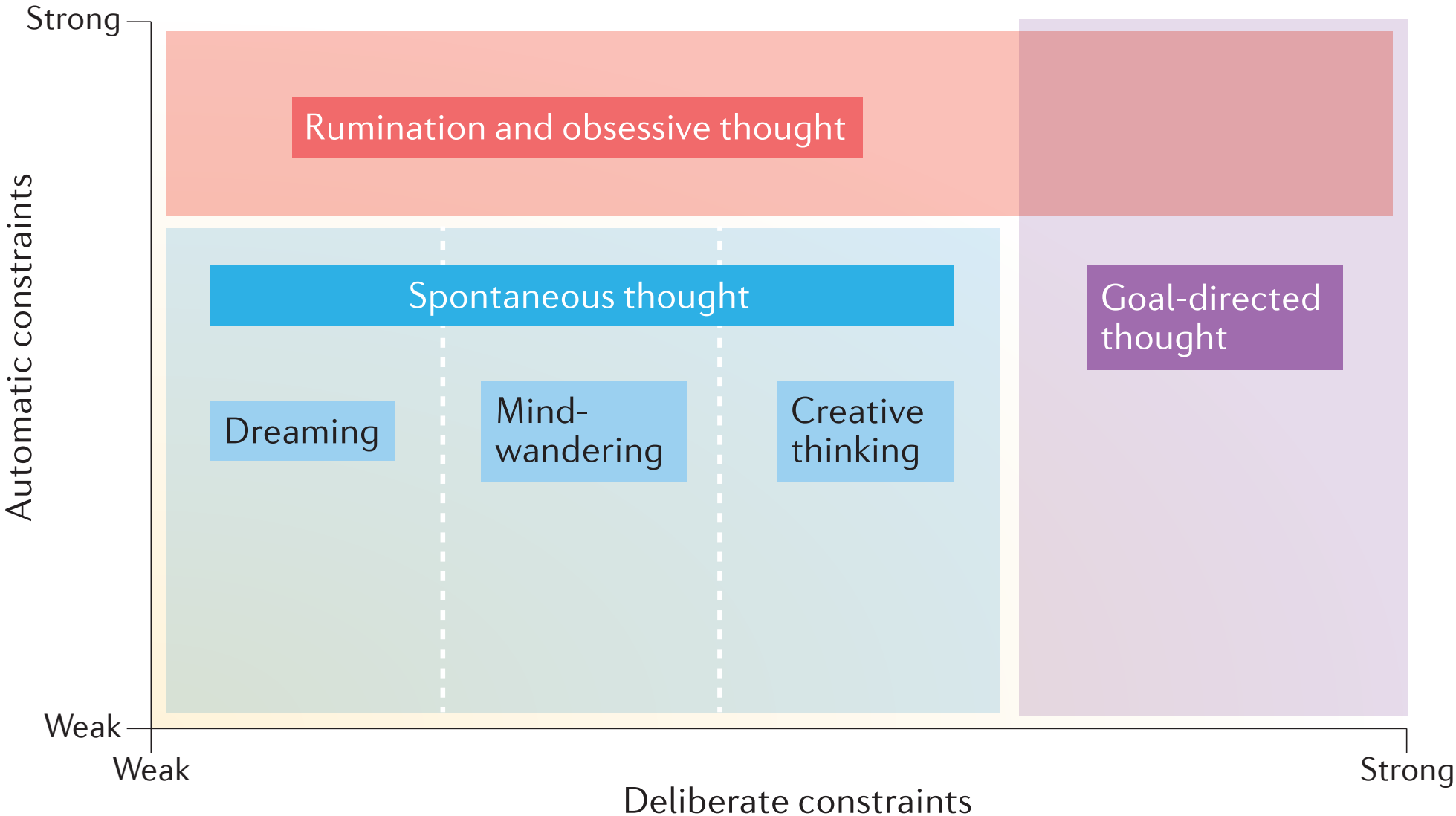
Strong
Automatic constraints
Weak
Rumination and obsessive thought
Spontaneous thought
Goal-directed thought
Dreaming
Mind-wandering
Creative thinking
Weak
Strong
Deliberate constraints