Choose the correct alternatives.

1 We're not getting anywhere here. We're just going round in *circles / rounds*.

2 I've been racking my *brain / head* trying to remember his name, but I can't.

3 Let me mull *onto / over* your proposal for a few days, then I'll get back to you.

4 I know there's a problem, but I can't *pin / punch* down what it is exactly.

5 I think the *bottom / root* cause of all our problems is a lack of planning.

6 I've asked Tom to join us to try to shed some *light / sun* on the situation.

7 We need to zero *in / up* on exactly what caused the issue.

8 We're halfway through the project, so let's stop and *make / take* stock before we continue.

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2 **Complete the words in the blog.**

The incubation effect

I don't know about you, but I find that not thinking about a problem can be helpful. I can spend hours ¹r_____g my brain, trying to come up with an idea.

Then, when I take a break and come back to ²m_____l it over again later, I'll have a sudden ³b_____e. Sir Isaac Newton, when completely ⁴b_____d by a problem, would work on it before sleep, believing through experience that he would wake up with the solution the next morning.

In fact, this theory of creativity is supported by research. Some researchers believe the effect is a result of our brain having a rest. When we ⁵d_____e on a problem for too long, our thinking gets stuck. We might ⁶z_____o in on a very specific piece of information which narrows our thinking, for example.

However, after a break, our minds become more open, the difficulty of the problem suddenly disappears, and we're no longer ⁷p_____d by it. Other researchers believe our brains continue to ⁸p_____r the problem while taking the break, and actively work towards a solution.

Whatever the process is, it's important that when problem solving, we never ⁹u_____e the power of a break, even if that doesn't seem ¹⁰l_____e at all.