

### Attention-Diversion Directing and Redirecting - Worksheet 4

Please fill out the table below to keep track of your exercises.

Written in blue is an example of how you can fill out the following table →

Date	Which item are you first focusing on?	Which types of technique used? Internal (Mental activity, Bodily sensation) or External (Features of the environment)	Comments: Were there any distractions? If so what where they?	Which item are you focusing on second?	Which types of technique used? Internal (Mental activity, Bodily sensation) or External (Features of the environment)	Comments: Was it easier to reduce the awareness around you when focusing on the first object compared to the second or vice versa?"
10-31-2021	A painting	External - Features of the environment	A little noise but I was still able to focus	My breathing	Internal- Bodily sensation	I think it was easier to focus on the second one (my breathing) compared to the object (The painting).
