

### Internal and External Attention-Diversion - Worksheet 3

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	Rate your Headache pain Scale 1-10  1= not severe, 10= Very severe	What was your location? (In my kitchen, a park, at work	Which Types of technique used?  Internal (Mental activity, Bodily sensation) or External (Features of the environment, tasks to distract from pain)	Describe What was focused on? (Counting tiles, Breathing etc)	Rate your Headache pain after the exercise  Scale 1-10  1= not severe, 10= Very severe	Comments:
10-14-2021	5	I was sitting in my kitchen at home	Internal-Mental activity	I started counting the tiles on the floor	3	I felt that this works a little in reducing my pain
