

Attentional Absorption

Three principles of attention

1. Attention is enhanced processing, whatever we focus on we enhance.

- What do you find yourself focusing on, even when it makes you feel worse?

2. Our brain and body support the intent of the focus (vigilant worry; relaxing recuperation; etc).

- What changes in you mentally and physically when you focus on something distressing?

Mentally -

Physically -

- What changes in you mentally and physically when you focus on something calming?

Mentally -

Physically -

3. Focus on something if you can act in that moment to improve the situation (worry, pain, etc); otherwise shift your focus to what will improve one's health and happiness (sleep, breath, what one is working on, etc).

- Think of a time and place when you should switch your attention away from something distressing, when there is nothing positive you can do at that moment in time.

- In that moment, what should you switch your attention to that would be healthier?

States of attention

1. When it is useful to be vigilant about one's surroundings?
2. When it is useful to suspend vigilance and be fully absorbed in what one is doing?
3. How much time do you spend fully engaged in the moment without worry about what just happened, what is about to happen, and without judging or reacting to what you think is happening?
4. What are you doing the rest of the time?
5. How much time would be useful to be spending more fully and comfortably engaged in the moment?
6. What needs to change to allow you to experience this more often?
 - What will sabotage you making those changes and what can you do to overcome those challenges?