



Refocusing As-You-Go, Starting or Steadier: Group 3b

_____ Situation _____ Initials _____ Date

REFOCUSING THROUGH ACTION – ‘it’s about composing by doing and paying attention in the moment/situation’.

● **Refocus Attention on Task at Hand, as you go.** Using self-instruction, after acknowledging the mind’s wandered, say to yourself something like....

- “I’m just paying attention to this task I’m doing right now” or
- “Right now, I’m doing this task that I know one step at a time” or
- “I’m just listening to what they are saying and noting the key points” or
- “I’m just chopping these vegetables for dinner”.

Refocusing attention back on task, by using the same line repeatedly if needed

What are some situations where your mind will wander off or toward the negative, where you could simply ‘instruct’ yourself to pay attention to the task at hand?

● **Start (engage, continue).** Sometimes just starting (or just continuing on) the next right task begins to ease the tension and gather a sense of progress and sense of proactive action.

What are some actions you avoid or procrastinate on, that typically feel better once you’ve started?

● **Going Steady and Slower.** Just slowing down a little, to ease back the sense of urgency, soften and settle the muscles and body language.

How could you implement going ‘slightly slower’ in your work and home life?