RECORD OF ATTENTION TRAINING

Rating scale

–3: entirely focused on your own thoughts and feelings or the impression you have of yourself

0: attention divided equally between being self-focused and externally focused

+3: entirely externally focused on a task (e.g. listening to someone) or the environment (e.g. what you can see or hear)

Date	How self-focused I have been generally today (-3 to +3)	How long the training lasted	Number of sounds I used	Any other comments