

## Worksheet 13

### Discovery experiment 4 – focus of attention

Please set aside ten minutes for this exercise. Close your eyes for a couple of minutes and scan your body to notice as many sensations as you can. Spend this time really focusing on what is going on in your body, head to toe. Once you have done that, open your eyes and pay attention to something near you, perhaps a painting, a bookshelf or a fruit bowl (anything that has some detail) and describe it in great detail out loud.

When you stop, ask yourself the following questions:

1. When you had your eyes closed and you were focusing on what was happening in your body, how strong were the sensations?
2. When you had your eyes open and were describing something near you in great detail, what happened to your body sensations?
3. If the sensations decreased or you did not notice them after a while when looking at something in detail, what does that tell you about the power of focusing your attention on something external rather than focusing on what is happening to you internally?

What have you learned from this exercise?

Rate your level of belief in your catastrophic thought (from 0 = 'I don't believe it at all' to 100 = 'I believe it completely');

Before exercise:

After exercise: