

# Attention – Self-Monitoring Record

<p><b>Situation</b></p> <p>What was happening when you started to pay attention in that particular way?</p>	<p><b>Focus of attention</b></p> <p>What were you paying attention to? What were you noticing? Where was your mind going?</p>	<p><b>Emotions &amp; body feelings</b></p> <p>What did you feel? How strong was that feeling? (0–100%)</p>	<p><b>Responses</b></p> <p>What did you do? How did you cope with those feelings?</p>
<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>Rate how much attention you paid:</p> <ul style="list-style-type: none"> <li>• <b>Externally</b>, to people, dangers, tasks, sights, and sounds.</li> <li>• <b>Internally</b>, to thoughts (predictions, doubts, worries), feelings, and body sensations.</li> </ul>		

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