Attention training

Progress Psychotherapy

Focusing on our social performance makes us self- conscious. If you get into the habit of this it is important to retrain your mind to be in the moment.

Task- what are you trying to do, what is your goal and what do you gain from it (e.g. talking with a friend or going for a coffee).
During the task evaluate your performance or how you look to others. Rate anxiety out of 10.
Do it again but be in the moment, it doesn't matter how you perform. Rate anxiety out of 10.
Reflection- how much easier was the second time? How much more did you think you looked bad or felt anxious? What does this tell us?

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