

What gets your attention gets you, what holds your attention is..... what? your disease, your god,..... Continued attention may be (1) intentional and/or (2) [as this cartoon] obsessive-compulsive; and it may be (1) steady or (2) sporadic.

This thinksheet is for narrative self-examination. Tell yourself, from your own life, stories in which attention functioned in these ways:

1. XY: I was attentive and should have been.
2. YX: I wasn't attentive and should have been.
3. XY': I was attentive and shouldn't have been.
4. Y'X: I wasn't attentive and shouldn't have been.

A. Of the above four stories, which right now do you have the strongest reaction to? why?

B. Among the stories, do you see any pattern(s)?

C. At this point in this meditation, are you aware of any story that would have been a "better" instance than some particular story adduced above?

D. Further observations:

E. Action-decision(s)?

		WAS ATTENTIVE	
I	W A S N' T	should have been	shouldn't have been
		4	4'
		X	
		ATTENTIVE	

