

RELEASE
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VOL.1

SESSION 8

INNER SOUND



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PAGES

INNER SOUND

Session #8

Are you ready to continue? Let's start with the exercises for week #8 - How to stay focused?

SESSION # 8 - HOW TO STAY FOCUSED?

Welcome to session 8. You are going to look at how to keep your focus while doing your daily activities.

You have learned so much about yourself already in regards to your sound sensitivity and you're going to learn more. In this session it's about noticing where your attention goes when you are busy with an activity. It's about looking at methods that can aid you in bringing your attention back to what you were doing in case you got distracted by impulses and sounds around you.

In this 8th session you will look at what happens with your focus during the day and I will share exercises with you that I have tried and tested myself during group therapy. Perhaps you will find these tools useful as well to help you keep your focus.

You are ready for session 8 and the next step to move closer towards your sound sensitivity goals. Take your time. Play a little. Rest a little. Laugh a little. Make it a fun process too. You are ready to move forward and take the next step in this explorational course. **Let's continue!**

SESSION #8 - HOW TO STAY FOCUSED?

It's time to look at exercises to help you stay focused. Hence, you will know more about how to deal with triggering sounds.

In session #6 + #7 you looked at all kinds of relaxation exercises that you can do to soothe your body, heart and mind daily to destress. Apart from self-care and stress management exercises there's more you can do. Let's look at how you can focus on what you are doing, when you aren't physically relaxing, but when you are actually trying to focus on a task.

Now while I was writing this course, I had a lot of distractions and it helped me come up with all kinds of ideas to help you stay on task. I will share my suggestions with you later. **For now, back to you.**

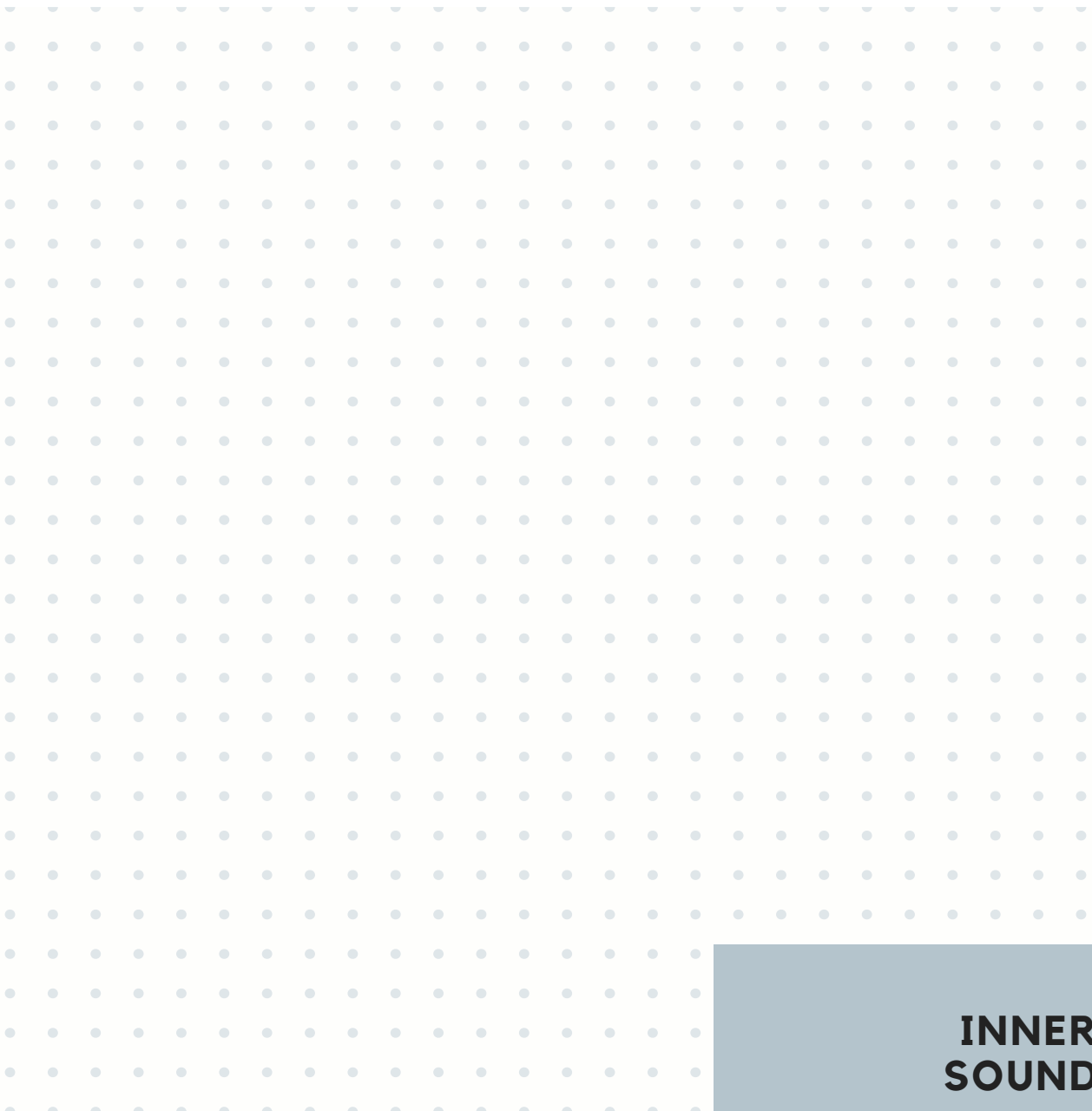
Imagine you are doing something and then you get distracted. Like now. You are reading this exercise. That is the situation we will analyse. What's happening? ...

- Is something or someone distracting you?
- What or who distracts you?
- How 'bad' is the distraction? Number 0 = 'I am not distracted at all!' up to 10 = 'I can't focus at all anymore and I need to stop and do something else!'
- What happens next?
- What do you do when you are distracted?
- How 'severe' is your overall response?

Use the next page for your notes.

SESSION #8 - HOW TO STAY FOCUSED?

What's happening? ...



SESSION # 8 - HOW TO STAY FOCUSED?

Let's refresh your memory. Remember the things from the first sessions on this course? Let's look at them again.

- **What happens in your body?** Session 2: Emotions = E-motion = instinctive responses from your body = physical sensations.
- **What are you thinking?** Session 3: Jackals (= Negative thoughts) and Giraffes (= Helping thoughts).
- **What are you feeling?** Session 3: Feelings = when emotions are being evaluated.
- **What do you do?** Or what's your tendency? Session 5 + 6: Behaviour
- **How 'severe' is your overall response?**

0 = 'Not much is happening overall!'

10 = 'I think I am going to get a panic attack!'

Use the next page for your notes.

P.S. Session #4 was on Surroundings, Genetics and Personality in case you're wondering why it's not part of this exercise. I have not mentioned it here, because I'd like you to focus on your cycle of responses: situation > emotions/sensations > thoughts > feelings > behaviour.