

Switch Your Focus from Internal To External

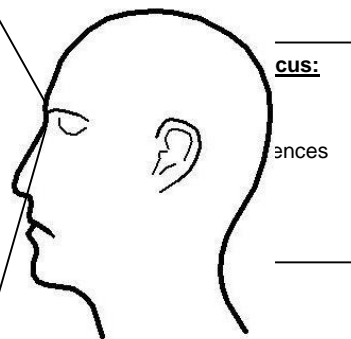
1. External focus

2. Events

3. Thoughts

4. Emotions & Behaviours

Switch your focus from **internal** – critical, anxious or unhelpful thoughts, anxious feelings and physical sensations, unhelpful behaviours (avoidance and safety behaviours) to **External** – notice your surroundings, focus in on a colour, an object, scan for a friendly face.



Thoughts

Attitudes
Rules
Demands
Beliefs
Images
Meanings

Emotions

Healthy Feelings
Unhealthy Feelings
Physical Sensations

Behaviours

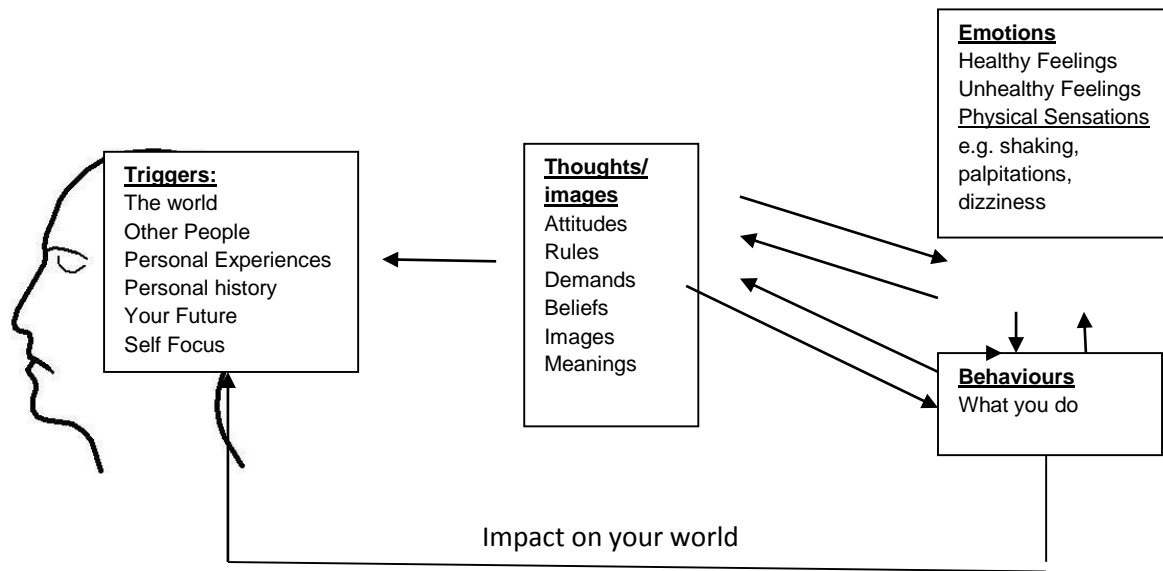
Constructive
Action

Understanding Your Thoughts, feelings and Behaviour

1. Events

2. Thoughts & Images

3. Emotions & Behaviour



An example:

Going for a job interview: 'If I don't get this job I'm a failure'

You experience anxiety (feelings), sweating/perspiration (physical sensation) and a strong desire not to attend the interview (behaviour)