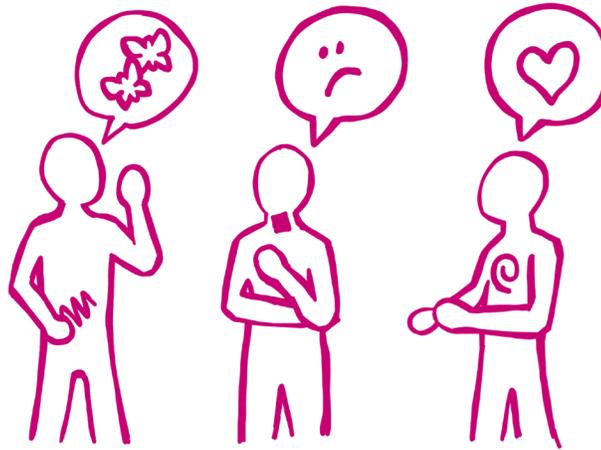


SPOKEN WORD - ATTENTION AND FLOW

HANDOUT 4

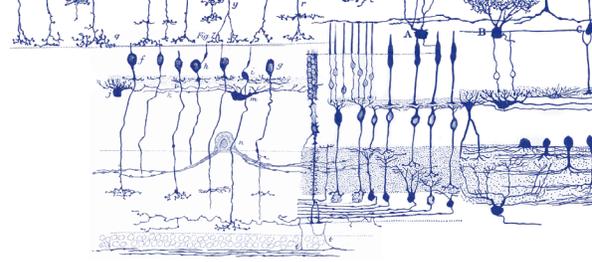


KEY THEMES

- External resources - what they are, why we need them, how to use them
- Increasing flow. Shifting away from fixity
- Expressing our internal (interoceptive) experience through language

Reviewing Your External Resources

In the box above, jot down what your current external resources are. Have they changed since beginning your nervous system health journey? How are you noticing your capacity to resource internally now, compared to before you began the neurosensory (SBSM) work?

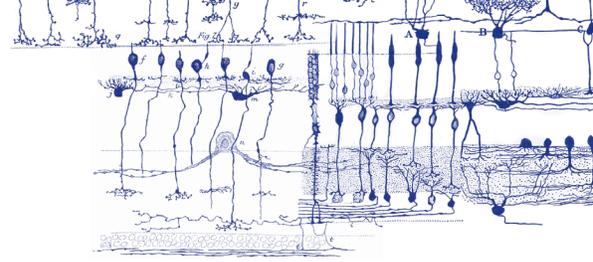


Field Work Assignment

Exploring stream of awareness - how attention to self can lead to naming and sharing our internal (interoceptive) experiences.

- This week you will work with your assigned partner outside of class time to explore ‘stream of awareness.’
- For two minutes you will focus your attention on your internal (interoceptive) experience, and also what’s outside of you in your environment. The key here is establishing flow between the two.
- During this time, you will verbalize what you are noticing moment by moment.
- It might be the internal observation, and also the external, and so on.
- Your partner will only observe, be present, and manage the time.
- As a partner: while observing, you as well will continue to observe YOUR internal experience, your connection with the environment, etc.

! COMPLETE BOTH ROUNDS OF THIS EXERCISE BEFORE DEBRIEFING !



Discussion Points For The ‘Stream of Awareness’ Exercise

A. For the person doing the exercise:

- What was it like to verbalize your stream of awareness?
 - Was this exercise - enjoyable, awkward, strange, neutral, anything else?
 - What are you learning about yourself from this exercise?
-

B. For the person observing:

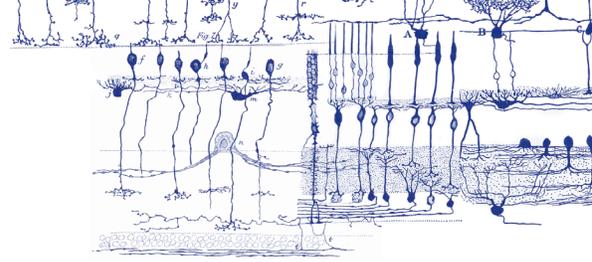
- What was it like to witness your partner doing this exercise?
 - What did you notice in yourself as you observed your partner?
-

Reflection + Homework

Try out this idea of ‘stream of awareness’ throughout the week.

Record yourself at least twice, a couple of days apart, and notice the language you use.

1. What does it feel like to hear your own voice?



2. What capacity are you building? (**There is no right or wrong answer here - go with what you sense is shifting internally, and in how you might relate to yourself.*)

3. Do you notice anything happening with your nervous system survival responses as you verbalize this 'stream of awareness,' or when you listen to it after? What shifts are you noticing with your self-regulation as you do this?

4. How can this practice of noticing your internal (interoceptive) experience, while also having connection with your external environment and verbalizing it at the same time, support in your personal life or professional scope of practice?