

## ATTENTION REGULATION STRATEGY

### Auditory Comprehension & Memory



- TO REALLY CONCENTRATE, I MUST LOOK AT THE PERSON SPEAKING TO ME
- I Must Also Necessarily FOCUS ON WHAT IS BEING SAID, NOT ON Surrounding Sounds or Activities or OTHER THOUGHTS WHICH WANT TO INTRUDE
- ALTHOUGH IT IS NOT HORRIBLE IF I LOSE TRACK OF CONVERSATION, I MUST TELL THE PERSON TO REPEAT THE INFORMATION IF I HAVE NOT Fully ATTENDED TO IT
- I Must CONCENTRATE ON WHAT I AM HEARING AT ANY MOMENT BY REPEATING EACH WORD IN MY HEAD AS THE PERSON SPEAKS

## ATTENTION REGULATION STRATEGY

### Reading Comprehension & Memory



- TO REALLY CONCENTRATE, I MUST LOOK AT THE MATERIAL I AM READING
- I Must Also Necessarily FOCUS ON WHAT I AM READING, NOT ON Surrounding Sounds or Activities or OTHER THOUGHTS WHICH WANT TO INTRUDE
- I Must CONCENTRATE ON WHAT I AM READING AT EVERY MOMENT BY REPEATING EACH WORD OR PHRASE IN MY HEAD AS I READ IT
- ALTHOUGH IT IS NOT HORRIBLE IF I LOSE MY PLACE OR CONCENTRATION, I Will Simply Have to RE-READ and RE\_RECITE ANY INFORMATION IF I HAVE NOT Fully ATTENDED TO IT

## ATTENTION REGULATION STRATEGY

### Conversation Distraction Buster



- **To REALLY CONCENTRATE, I Must LOOK / FOCUS on the PERSON TALKING**
- **I Will ALSO FOCUS ONLY On WHAT IS BEING SAID, NOT ON SURROUNDING Sights, Sounds or Activities, or Other THOUGHTS I have or internal PAIN Which Wants to Intrude**
- **I MUST CONCENTRATE ON WHAT I AM HEARING AND ONLY WHAT I AM HEARING AT EVERY MOMENT BY FOCUSING ON THE CURRENT WORD & PHRASE AS I HEAR IT**
- **IT IS NOT HORRIBLE IF I LOSE My FOCUS or CONCENTRATION. I will simply have to Re-Focus ON THE CURRENT WORD, PHRASE and MEANING, To Get Back on Track!**
- **FOCUS, FOCUS, FOCUS and KEEP Your FOCUS!!!**

## ATTENTION REGULATION STRATEGY

### General Distraction Buster



- **TO REALLY CONCENTRATE, I MUST LOOK/ FOCUS ON THE TASK AT HAND**
- **I Must Also FOCUS ONLY On WHAT IS BEING Done, NOT ON Surrounding Sounds, Sights or Activity, or OTHER Stresses or THOUGHTS WHICH WANT to Intrude**
- **I I MUST CONCENTRATE ON WHAT I AM DOING AT EVERY MOMENT BY FOCUSING ON THE CURRENT STEP TOWARDS TASK COMPLETION**
- **IT IS NOT HORRIBLE IF I LOSE My FOCUS or CONCENTRATION. I will simply have to Repeat and Re-Focus ON THE ONGOING TASK AT HAND, THE NECESSARY STEPS TO COMPLETE IT, AND THE NEXT STEP TO WORK ON!**

## ATTENTION REGULATION STRATEGY

### Lecture Distraction Buster



- **To REALLY CONCENTRATE, I Must LOOK / FOCUS on the PERSON LECTURING**
- **I Will ALSO FOCUS ONLY On WHAT IS BEING SAID, NOT ON Surrounding Sights, Sounds or Activities, or Other Thoughts Which Want to Intrude**
- **I MUST CONCENTRATE ON WHAT I AM HEARING AT EVERY MOMENT BY FOCUSING ON THE CURRENT WORD & PHRASE AS I HEAR IT**
- **IT IS NOT HORRIBLE IF I LOSE My FOCUS or CONCENTRATION. I will simply have to Re-Focus ON THE CURRENT WORD, PHRASE and MEANING, To Get Back on Track!**

## ATTENTION REGULATION STRATEGY

### Expression Distraction Buster



- **To REALLY CONCENTRATE, I Must THINK / FOCUS on the BOTTOM LINE about WHAT I WANT to SAY**
- **I Will ALSO FOCUS ONLY On WHAT I AM PLANNING TO SAY, NOT ON Surrounding Sights, Sounds or Activities or Fears or Doubts or Perfectionism, or Other Thoughts Which Want to Intrude**
- **I Must CONCENTRATE On The CURRENT WORD & PHRASE Just BEFORE I SAY IT, and As I SAY IT**
- **IT IS NOT HORRIBLE (or the end of the world) IF I Make a MISTAKE or LOSE My FOCUS. I will simply have to REPEAT THE CURRENT WORD I INTEND TO SAY To Get Back on Track!**

# ATTENTION REGULATION STRATEGY

## Driving Distraction Buster



- **To REALLY CONCENTRATE, I Must LOOK / FOCUS on the ROAD, My Vehicle & Other Vehicles**
- **I Will Also FOCUS ONLY On WHERE My CAR IS, WHERE OTHER VEHICLES & PEOPLE ARE and WHAT I AM DOING With My CAR And NOT On Surrounding Sounds, Sights, People or Activity or Other Thoughts Which Might Want to Intrude**
- **I MUST CONCENTRATE ON WHAT I AM DOING AT EVERY MOMENT BY FOCUSING ON WHAT I AM DOING AND TALKING MYSELF THROUGH IT**
- **IT IS NOT HORRIBLE IF I LOSE My FOCUS or CONCENTRATION. I will simply have to Immediately Re-Focus ON WHERE and WHAT I am DOING!**

# Multi - Task Monitor / Trainer



TO DO List	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.
	Transfer incompletes to next day

Multi-Tasking Monitor	Multi-Tasking Monitor
Task 1:	
Left Off:	Left Off:
Task 2:	
Left Off:	Left Off:
Task 3:	
Left Off:	Left Off:
Task 4:	