**Self-Monitoring Attention Worksheet**

| What caused your attention to divert from the task? | What was your focus on at that moment? Where did your thoughts go? | How did you feel? How was the intensity of your feelings? Describe sensations you felt. | What happened next? How did you react and cope with this distraction? | What were the consequences for your coping strategies? |
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| **Ex.** I started worrying about another work project that will eventually need to get done | **Ex.** My focus was on a different, current work task that needs to get done. I was worried that I won’t have time to finish it and will disappoint my boss. | **Ex.** Anxious and distressed. My feelings were strong and I felt a heaviness in my chest and cloudiness in my mind. | **Ex.** I had difficulties regaining my attention and continuing my work. After this, every time I thought about the next work project I became anxious and struggled to work efficiently. | **Ex.** Feeling unaccomplished and less confident. I want to feel more satisfied when doing my work. |