

How can I focus externally?

Aim for the same feeling you would have when talking to someone you are familiar with. This may be a family member. When you are talking to someone you are comfortable with, your attention is naturally focused externally on the outside world. In this task, you are aiming for that feeling.

Here are some key points about shifting your attention:

Key points:

- Focus on the person on the computer and the room they are in.
- Focus on what interests you about the other person.
- If you start to feel anxious, use this feeling as a sign to focus on what is in front of you rather than what is in your head.
- This is the perfect opportunity to just be yourself, to find out what happens.
- Finally, aim to enjoy the conversation, rather than just survive it.

Before getting started with the second conversation, have a short practice with your therapist on how to focus externally.