



Key Advice

Suggested questions for the group debrief (Step 4):

- What was your experience of the exercise in general?
- What did you notice about your attention while listening or speaking?
- Was your attention more internally focused (on your thoughts or feelings), or externally focused (on the other person or the surroundings)?
- Do you recognise these patterns in other situations?
- What did you do when you noticed you were distracted?
- How did you listen?
- How did it feel to speak without receiving any verbal response?

Tip: create space for open sharing and listen actively for connections between students' experiences and the attention theory introduced earlier. For example, if a student mentions feeling awkward, explore what kind of attention this reflects. Was it an inward experience (e.g. self-consciousness) or outward (e.g. awareness of being observed or judged by others)? If someone describes noticing many things at once – the speaker, ambient sounds, the surroundings – you can connect this to broad or open attention, as opposed to narrow or selective focus.

Questions to guide the transfer to daily life (Step 5):

- Where would you like to be more attentive?
- Why is that challenging for you?
- How can you support yourself in being more present in those moments?
- Is there something you already do sometimes that works? Could you do it more often?
- What obstacles do you expect in directing your attention, and how might you handle them?
- Why does this matter to you? What could change if this strategy becomes a habit?