

### ATTENDDD

To get added benefit following your therapy sessions, you can ATTENDDD to what you notice by following a few simple steps. Within as little as a few minutes and sometimes for several hours or days after your session, you may begin to notice slight shifts in perceptions, new thoughts, or ideas. You may also notice changes in your moods and feelings. Try keeping your notes in one place, like a personal journal, a notebook, or a digital document. The following categories will help you keep track of what you notice.

#### Awareness

- Are you noticing any changes in general since you completed your session?
- What are you noticing?
- Do things seem different in any to you?

#### Tension/physical sensations

- Are you feeling any tension in your body? Where?
- Are you noticing any other physical sensations in your body? Where?
- Can you describe the tensions or sensations in your body?

#### Thoughts

- Has your thinking changed in any way?
- How specifically has your thinking changed?

#### Emotions

- Pay attention to your feelings. Are you feeling relieved, sad, happy, or angry? Do you feel joyous, elated, depressed, or fearful?
- Do you feel different than you felt before your session?
- How do you feel different?

#### Intuition

- Do you seem to be clearer intuitively?
- Does your sense of “knowing” things seem different?

Excerpted from *The Healing Power of Writing:  
A Therapist's Guide to Journaling with Clients* by Susan Borkin.

### Dreams

- Are you noticing your dreams?
- Note images, people, and objects in your dreams and write them down before you are fully awake.

### Distractions

- Are you having any distracting thoughts?
- Is there a pattern to the distractions?