



*Noticing how you return to focus after interruption*

What typically pulls my attention away when I'm trying to focus?

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How do I usually respond when I notice I've been distracted?

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What helps me re-enter focus with less resistance or self-judgment?

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**REFLECTION:** What I'm noticing about distraction and return when I pause to reflect:

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*Attention doesn't need to be controlled—it often responds simply to being understood.*