Switch Your Focus from Internal To External

1. External focus
2. Events
3. Thoughts
4. Emotions & Behaviours

Switch your focus from **internal** – critical, anxious or unhelpful thoughts, anxious feelings and physical sensations, unhelpful behaviours (avoidance and safety behaviours) to **External** – notice your surroundings, focus in on a colour, an object, scan for a friendly face.
An example:

Going for a job interview: 'If I don’t get this job I’m a failure''

You experience anxiety (feelings), sweating/perspiration (physical sensation) and a strong desire not to attend the interview (behaviour)