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Moving Your Attention

In the previous handout I asked you to dismiss your habit voice and then to move your attention somewhere else.

In the area below I want you to list as many ways you can think of that moves your attention away from the craving/urge. You've dismissed the urge but now your brain is asking you – what now?

Here are some ideas; read a book, take a bath, paint your nails, go for a walk, meditate, phone a friend, colour in, complete a gratitude journal, sit somewhere else, drive a different route, cross the road, break the habit cycle!!!

Focus on happiness!



The definition of insanity is doing the same thing over and over again but expecting different results!

Make a list of all the ways you could move your attention.