One-Thing Attention Practice

Anxiety & Stress | 20 minutes | 3-12 participants | Adults and teens 13+ with appropriate facilitation

Purpose

Try a short single-task activity and compare it with divided attention without scoring performance.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

Introduce the example - 3 minutes

A person juggles messages while reading instructions. Ask what is known and what is still a guess.

Practice: Practice experiment - 7 minutes

Try a short single-task activity and compare it with divided attention without scoring performance. Agree on a short, reversible test and what to notice. Try or simulate it, then compare observations without scoring people.

Reflect together - 4 minutes

What made attention easier or harder? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

Facilitator fit and boundaries

Use ordinary concerns. Do not prescribe exposure or insist on internal or breathing-focused exercises.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services. Source links appear on the online activity page.