

SENSORY DIVERSION TRAINING

Sensory diversion training has many uses. You can use it for decreasing physical discomfort, anxiety, or feelings of panic. Below are exercises that you can use to develop this ability.

VISUAL DIVERSION TRAINING

You will feel better if you do not focus on what is troubling you but instead on other objects around you that are value neutral. That is referred to as visual diversion.

Here is an example of how to do this while talking to someone and you experience an increase in discomfort or anxiety. Trace along the line of that other person's shoulder down to that person's hands. Move across to the other shoulder and trace down that shoulder to the arm and then down to the hands. Now move up that person's shirt collar to the neck and trace along the neckline. Continue to follow lines on that person's body while you feel distressed talking to that person. Only make fleeting eye-contact with that person. Stay focused on the lines around each body part.

Do the following exercise while taking a walk. Remove all thoughts from your mind. If you begin to think of something that troubles you while doing this exercise refocus on the objects around you and trace along the lines around that object. Then move onto another object and do the same thing. Continue doing this as you walk along, always keeping nothing on your mind except the object in front of you.

AUDITORY DIVERSION TRAINING

You can divert yourself by shifting your attention to sounds around you. Listen to the sounds in the room but Do not try to identify each sound. Instead, listen to the sounds like musical notes merging together.

KINESTHETIC DIVERSION TRAINING

Notice bodily sensations that are neutral to pleasant. For instance, if you feel some pain refocus onto a non-painful body part. We will use the right foot as an example. Note the sensations in the big toe of your right foot, and then move onto the little toe of the right foot, and then onto the heel of that foot, and then the arch of that foot. You can move from one non-painful body part to another, instead of noticing the painful area.