

Be Here Now Concentration Exercise

This deceptively simple strategy is probably the most effective. When you notice your thoughts wandering astray, say to yourself

"Be here now"

and gently bring your attention back to where you want it.

FOR EXAMPLE:

You're in class and your attention strays from the lecture to all the homework you have, to a date, to the fact that you're hungry. As you say to yourself

"Be here now"

you focus back on the lecture and maintain your attention there as long as possible.

When it wanders again, repeat

"Be here now"

and gently bring your attention back.

You may notice that your mind often wanders (as often as several times a minute at times). Each time just say

"Be here now"

and refocus. Do not try to keep particular thoughts out of your mind. For example, as you sit there, close your eyes and think about anything you want to for the next three minutes except cookies. Try not to think about cookies...When you try not to think about something, it keeps coming back. ("I'm not going to think about cookies. I'm not going to think about cookies.")

When you find your thoughts wandering, gently let go of that thought and, with your "Be here now," return to the present.

You might do this hundreds of times a week, if you're normal. But, you'll find that the period of time between your straying thoughts gets a little longer every few days. So be patient and keep at it. You'll see some improvement!

Source: <https://www.k-state.edu/counseling/topics/career/concentr.html>