

# FOCUSING ANCHOR CHECKLIST

Use the table below to explore the qualities of any particular Focusing Anchor. Those most helpful for Friendly Focusing practice tend to be restful for the Survival Brain as this makes more attention available and frees resources to help make wiser and more creative decisions, responses and actions. But please note that this based on general assumptions – you may discover an excellent Focusing Anchor for your Friendly Focusing practice that goes against some of these tendencies.

The scoring, if you feel like doing it, is just for very rough guidance. Just the list of helpful attributes may be all you need to bear in mind when choosing a Focusing Anchor. If you are unsure about an attribute in the table below just leave that row unticked.

Focusing Anchor Attributes	Generally Helpful As a Focusing Anchor Restful for the Survival Brain	Tick Here if Your Chosen Anchor Is Like This	Agitating (Pleasantly or Unpleasantly) for the Survival Brain	Tick Here if Your Chosen Anchor Is Like This
<b>Intensity</b>	Vivid / Moderately Strong / Easy to Find		Faint / Weak / Hard to Find / Very Intense: The Extremes	
<b>Quality</b>	Neutral / Mildly Pleasant		Unpleasant or Strongly Pleasant	
<b>Location</b>	Based on the Body or Surroundings		Based on Thoughts, Images, Fantasies, Memories in the Mind or on Emotions.	
<b>Predictability</b>	Predictable		Unpredictable	
<b>Familiarity</b>	Familiar		Unfamiliar / Novel / Surprising	
<b>Changeability</b>	Changes Slowly / Slow Rhythm		No Change / Changes Very Quickly / Fast Rhythm	
<b>Restful Total:</b> (Add Up Total Number of Ticks)			<b>Agitating Total:</b> (Add Up Total Number of Ticks)	
<b>Grand Total:</b> (Subtract Agitating Total from Restful Total – this may be a minus number)			<b>Scoring</b> <b>1 and below</b> = Probably less helpful for Friendly Focusing practice <b>2-4</b> = Helpful for Friendly Focusing practice <b>5-6</b> = Very helpful for Friendly Focusing practice	