**Investigating Attentional Biases Worksheet**

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Note for 30 seconds, writing the valence ( +, - ~) and category of each note.
Add up your totals on the bottom to see where your attention goes.

| | **Body** | **Seeing** | **Hearing** | **Smell/Taste** | **Thinking** | |
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| | **Body** | **Seeing** | **Hearing** | **Smell/Taste** | **Thinking** | |
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