

# Secret Intelligence Service

Room 15

Brief: Acting Skills and the Spy

Exercises for development of attention



What is attention?

Attention is the concentration of awareness on some phenomenon to the exclusion of other stimuli.

Attention has to do with the immediate experience; it is a state of current awareness. There are, of course, myriad events taking place in the world all the time, each impinging upon the senses.

There are also events taking place within the body that affect attention, just as there are representations of past events stored in the memory but accessible to awareness under appropriate circumstances.

While it might be expected that current awareness is the totality of all those events at any given moment, clearly this is not the case. Within this vast field of potential experiences, an individual focuses upon—or attends to—some limited subset of the whole. This subset constitutes the subjective field of awareness. It is possible to determine the reason for this limitation. Control and coordination of the many inputs and stored experiences and the organization of appropriate patterns of response are the province of the brain. The brain has impressive processing capabilities, but it has a limited capacity. A person cannot consciously experience all the events and information available at any one time. Likewise, it is impossible to initiate, simultaneously, an unlimited number of different actions. The question becomes one of how an appropriate subset of inputs, intermediate processes, and outputs are selected to command attention and engage available resources.

#### Exercises for development of attention

The developing adult needs attention. If you stop to develop it, you can be distracted, to reduce the concentration, there will be small errors in your work. By developing attention, you not only eradicate the shortcomings but also realize a number of significant features.

A person with strong attention, i.e. so to notice the smallest features of other people, in this regard, he or she may conduct a deep psychological analysis, and learn a great deal of what was not suspected before.

Involuntary attention allows you to quickly navigate, including new and dangerous situations. Here are a few exercises for the development of this vital quality, and together, other kinds of attention.

\* Development of involuntary attention.

### Exercise 1. Unusual walk

If one day walking past the lawn and you do not notice the plants planted thereupon, a special fixation of attention on the features of the device the lawn, as it is processed, the aesthetic merits and demerits will allow to train not only the effort of concentration of attention, but also create conditions for the activation of involuntary attention.

### Exercise 2. Unusual conditions

Coaching involuntary attention can be unusual for the perception of the environment and consciously "catch" that has attracted attention in the "borderline" range, even when marked fixing, but it is clear that it is slipping away;

- You can watch the usual subjects with a lack of lighting,
- You can "listen" to the involuntary attention when changing the perception of acoustic (sound pleasant music - familiar music usual - sharp unpleasant sounds)
- while deliberately fixed on the transitions between the objects (draw attention to something that attracts attention in the transition to another kind of activity, when moving the eyes from one subject to another, etc.)
- experiment with the power of stimuli (pastel colors - bright rich colors, tranquil sound of music - musical sound medium strength - loud sound).

### Exercise 3. What are other people are interested?

Reading books, listening to the radio, viewing television broadcasts can observe objects that come to the attention of other people, and in the scope of our attention is usually not covered.

### Exercise 4. Unexpected stimuli

It is necessary to fix the attention to unexpected stimuli, especially to mark them to formulate assumptions about what happens to the psyche when exposed to such stimuli.

#### Exercise 5. When new information hinders?

It is advisable to mark the moments when there was an attempt to fend off internal unexpected stimulus, verbally determine why this attempt appeared.

#### Exercise 6. Unusual internal states.

Locking features activate involuntary attention during unusual internal states (with an increase in body temperature during sudden weather changes in the event of unusual situations that have arisen in the dialogue) - it is a way to learn more about features of their system of involuntary attention.

In addition to the informative purpose this exercise will allow to distract from the sad thoughts that often accompany the disease.

#### Exercise 7. Do you need the memories of the past?

The fixing on anything that is in the area of "escape" in the memories of the past can be very helpful. No wonder it is said that the answers of the future must be sought in the past.

#### 8. Exercise Bright emotional reactions

Fixing of vivid emotional reactions caused by surprise, ie. by the fact that there are so many objects that the ordinary perception of escape, proves that a lot goes unnoticed.

Many problems can be solved, if you try to see the world in new ways.

\* The development of voluntary attention.

Arbitrary attention operates by using signals that arrive from the second signal system. Therefore, for training are all kinds of learning activities, including:

- language development (oral and written)
- arbitrary fixation on the meaning of words such as inner speech, and in the process of communication,
- improvement in the formulation of generalizing statements
- Exercises on working with abstract concepts.

Arbitrary attention is directly related to the work of the will, so to create conditions for development, it is necessary to improve the ability to consciously control your mental activity and your actions, namely:

- training to overcome obstacles related to the lack of time, lack of ability to mobilize for action,
- train personal qualities such as durability, perseverance, determination, self-control, independence and self-sufficiency.
- You can develop the will, by performing an "uninteresting" exercise, but it is available for the more trained people, which does not stop seeming boring, ie. such activities will interest the process of development of skills and activities of their contents).

Prerequisites for the procedure to ensure a safe environment for mental training:

1. Training of voluntary attention should alternate between performing usual work, which allows you to bring the state of mind in balance.
2. In the event of excess may occur fatigue, which can wipe out all the positive effects derived from training. In this case, you must go back to the usual measured life and allow the mind to relax.
3. If the self-return to the quiet state is not obtained, it makes sense to refer to specialists, the base medic, psychologists, or, if necessary, to the hospital.
4. If you have any symptoms of fatigue it must be a consideration that the psychological aspect in this case is usually "hidden" for the manifestation of the disease and treatment of the body physical condition may be significantly delayed.

\* Development ; when the focus is other than willpower.

To generate this kind of attention you need:

1. Formation of psychological installation.

Psychological setting - a state of high-level mobilization and increased readiness to act in a certain direction. For its formation must have needs, which are of high personal significance.

Formation of psychological installation takes place on three fronts:

- formation of the sensory image using techniques of visualization and verbal description of the desired image,
- representation, is not conscious, but in the form of anticipation, on the order of the actions required to achieve the goal (the transfer of the necessary course of action can be carried out in the framework of the training realization of personal potential, as well as in the form of diary entries of reference to subsequent corrective comments)
- a cognitive component (the speculative model of the future: the beliefs and knowledge of human activity to which it aspires).

2. Achieving the level of automation.

To achieve that level it is necessary to pass three successive stages:

- analytical stage - familiarity with the activities and mastering the individual elements of the action (in case of desire to write poems have to train in the selection of rhymes, writing rhymed lines, taking into account the size of the verse, to train in the selection of synonyms, work on the expressiveness of the text, etc.)
- synthetic stage - the union of the individual elements in a single action,
- repetition course of action that seems necessary to give the desired result of the activities to which people aspire.

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