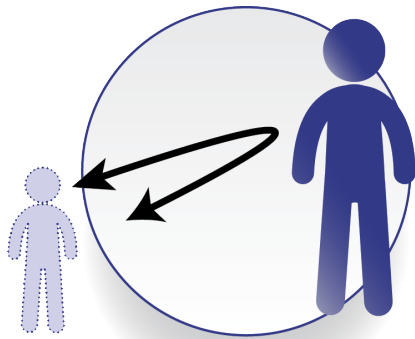


THE THREE CIRCLES OF PAYING ATTENTION HOW TO BE PRESENT & CONNECTED

The Three Circles of paying attention describe the three basic ways that humans focus. The movement of focus is all through your body, breath, voice, and how you listen, think and feel. You can move through all Three Circles rapidly within seconds. The speed and shifts in focus can be startling. You need to be able to access all Three Circles during the course of the day. You can experience any thought or emotion in any of these Circles with different degrees of intensity. You have a favorite Circle (First or Third), one that is habitual to you, and it is this favorite energy that can block your ability to be present and connected with your experiences.

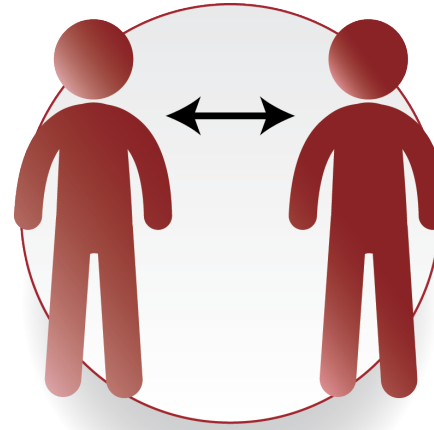


The First Circle

paying attention self and withdrawal

You are in First Circle if you:

- Find yourself withdrawing physically from people, feelings, or ideas
- Find you are holding your breath or breathing rapidly and shallowly
- Are asked to repeat yourself when you speak
- Find that people lean forward to hear you or notice you
- Feel self-conscious
- Try not to be noticed

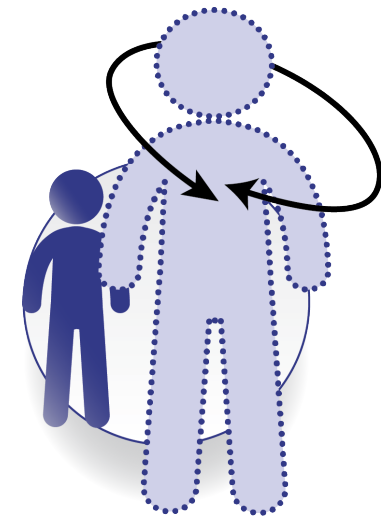


The Second Circle

paying attention to connecting

You are in Second Circle if you:

- Feel centered and alert
- Feel comfortable
- Feel your breath easy and complete
- Know you reach people and they hear you when you speak
- Notice details in others – the eyes, their moods, their anxieties
- Are curious about a new idea – not judgmental
- Hear clearly
- Acknowledge the feelings of others



The Third Circle

paying attention to self and withdrawal

You are in Third Circle if you:

- Notice people making space for you
- Find yourself taking up more space than you need
- Are told often that you are too loud, either in speech or laughter
- Don't really notice the people you are speaking
- Feel that you have to inject energy into a situation
- Take command of a discussion even if you have only heard a fragment of what is being discussed,
- Try to be noticed