

Discovering My Sensory Preferences

In the moment when a longing to use a problematic substance arises, or the opportunity to use it appears, if I can become aware of my longing, strong-arm my attention *away* from my longing and *toward* my preferences, I can help myself increase my chances of not using. Sensory experiences have the most power to draw my attention. Let me spend some time becoming curious about my senses and discovering my sensory preferences.

<p>What delights me through these senses?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Awareness of motion: 	<p>What soothes me through these senses?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Awareness of motion:
<p>If I take a "sensory tour" of my kitchen, what do I notice of interest to me using these senses?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Awareness of motion: 	<p>If sit in my favorite chair and take a "sensory tour" of my surroundings, what do I notice of interest to me using these senses?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Awareness of motion:
<p>If time, space, and money were no object, what would I most love to experience through these senses?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Observe in motion: 	<p>If I had \$6 to spend at a dollar store, what 6 items might I buy to engage my senses?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6.
<p>If I were designing an imaginary world, what sensory experiences would I create for its inhabitants?</p> <ol style="list-style-type: none"> 1. See: 2. Hear: 3. Taste: 4. Touch: 5. Smell: 6. Observe in motion: 	<p>If I were in a room by myself and needed to turn my attention to an imagined list of sensory preferences, what would be on the list and in what rank order?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6.

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Source: <http://www.annegiles.com/2017/12/18/use-attention-to-not-use/>