

Distraction: Focusing on an object in the room



Choose any object in the room you are in.



What is it?

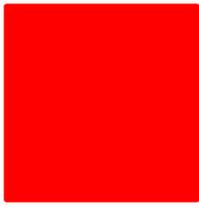
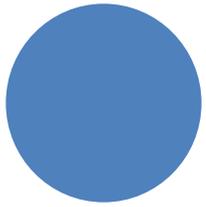


What is it used for?

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What colour is it?



What shape is it?



or



Is it big or small?

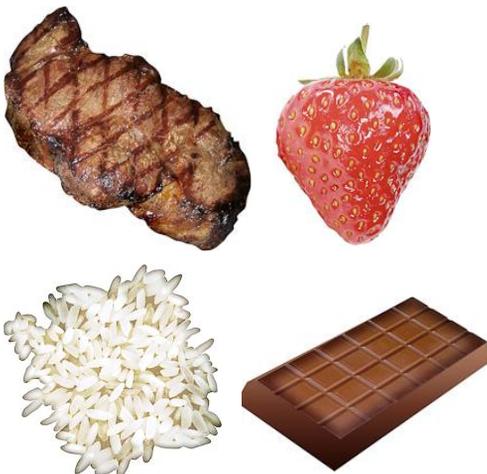
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What does it feel like?



Is it something you can smell?
What does it smell like?



Is it something you can taste? What
does it taste like?