

Noticing:

the gentle gateway to reclaiming attention

One form of presence is noticing – and noticing requires at least some presence, becoming non-judgmentally aware of what is going on in the Here & Now, marking this as part of reality at this time. Presence is the opposite of dissociation. The more of you (that is whomever in your system and all of that individual's respective "parts") that is in the Here & Now, the more present you are.

Some related terms include observe, perceive, discern, detect, spot, mark, heed. Notice is from the latin root for know. Also related: cognizance and attention.

As a mindfulness practice we can start to exercise our noticing skills. This leverages our attention, allowing the present (Here & Now) to exist within our awareness. Here are some ideas to practice noticing:

Mindfulness Practice

Gently focus on one thing in the Here & Now and notice when your attention drifts. Redirect your attention back to the present and your choice of focus.

Here & Now We Are

Specifically perceive things in your immediate environment and what is going on right now: colors, shapes, sizes, positions, sounds, vibrations, etc. Change your focus several times.

Somatic Communication

Heed any signals your body is sending around comfort, posture, or needs. Make adjustments and fill those needs to show your body that you're listening.

Am I Only Halfway Here?

Leverage observations, figure out how dissociated you are in comparison with your headmates – as a curiosity rather than competition. How present are you? Who feels more or less connected to the Here & Now?

Is This My Feeling?

Hit a pause button and notice what emotions y'all are having. Who does each emotion actually belong to? Noticing emotions can help determine what each headmate needs.

Super-Meta System Presence

Noticing what you're noticing. Or what a headmate is noticing. Are you the observer or the observed? Woah.

Why is noticing important? We can't heal or fix an issue if we don't realize there's an issue. We can complement noticing with acknowledgement, attending to an issue, curiosity about it, or investigation.

What works for you/y'all?

Different headmates are likely to have different needs, triggers, sensitivities... Develop your& own noticing techniques. Add ideas to safety plans or system management documents. Welcome anyone who wishes to participate. Allow anyone who doesn't to bow out.