

GRID OF BASIC CATEGORIES OF SENSORY EXPERIENCE

	INNER	OUTER	RESTFUL	FOCUS ON POSITIVE
VISUAL	<i>SEE IN</i> IMAGE	<i>SEE OUT</i> SIGHT	<i>SEE REST</i> BLANK SCREEN DEFOCUSSED SIGHT	POSITIVE IMAGE
AUDITORY	<i>HEAR IN</i> SELF TALK	<i>HEAR OUT</i> SOUND	<i>HEAR REST</i> SILENCE QUIET (MIND)	POSITIVE TALK
SOMATIC (BODY)	<i>FEEL IN</i> EMOTIONAL BODY	<i>FEEL OUT</i> PHYSICAL BODY	<i>FEEL REST</i> NEUTRAL (EMOTION) PHYSICAL RELAXATION	POSITIVE EMOTIONAL FEELING