

Noting and Labeling Options Summary

As a reminder, noting has two phases (details are available in the document *Noting and Labeling*):

Clearly acknowledging a sensory event.

Focusing intently on that event (soaking in).

OPTIONS

Labeling Modes

1. Just note without using labels at all.
2. Use mental labels when you note.
3. Use spoken labels when you note.
 - a) Sub-vocal labels (mouthed, whispered, or sotto voce labels that are inaudible to others).
 - b) Ordinary spoken labels.
 - c) Strongly spoken labels.
 - d) Very strongly spoken labels.

You can freely shift back and forth between labeling modes. As a general principle, as soon as you get spaced out or caught up, immediately shift to a stronger mode of labeling. Once you get well focused, you can drop to a weaker mode of labeling if you so desire.

Label Emphasis

1. Exclusive emphasis: just note one of the sensory event that you become aware of. Your labels will be one of the following:
 - a) *see*
 - b) *hear*
 - c) *feel*
 - d) *rest*
2. Inclusive emphasis: note everything that you are aware of at any moment of noticing. Your labels will be one of the following:

- a) *see*
- b) *hear*
- c) *feel*
- d) *see-hear*
- e) *see-feel*
- f) *hear-feel*
- g) *all*
- h) *all rest*

Re-noting

1. Intentionally re-note each sensory event for a set number of times (unless it vanishes before you reach your quota). You can choose to re-label each time you re-note, or just label the first of a set of notes.
 - a) Double note: note the same thing twice in a row, then note something else.
 - b) Triple note: note the same thing three times in succession.
 - c) Quad note: note the same thing four times in succession.
 - d) Note until gone: When you note something once, continue to note that very same thing until all or part of it vanishes. Then note something else.

Zooming

You can choose how broadly or narrowly you spread your attention for each event that you note.

1. Don't intentionally zoom: just focus on whatever comes to your attention with whatever size it comes to your attention in.
2. Zoom in: Narrow your focus into a small(er) part of the experience you are noting.
 - a) If many sensory events happen at once, zoom in to just one or a couple of them.

- b) If a single sensory event happens, zoom into part of that event, such as an edge, or a strong part or a weaker part of that event.
- c) Zoom in as far or as little as you want to. Do what interests you.
- 3. Zoom out: Extend the scope of your attention to cover the entire area of what you're noting.
 - a) If you are aware of only one or two sensory events in a focus space, zoom out to fill the entire focus space with attention, and any other events that now come to your attention.
 - b) Zoom out as far as you want to, to include more of one event, other events, or all events.
- 4. Zoom beyond: Spread your attention beyond the boundary of what you're noting to find the openness around it. That openness might just be a little sense of space or it might be a vast extent of space.
- 5. Zoom Both Ways. Shrink your attention to a local area of intensity while at the same time zoom out as far as possible. Initially, you may have to do these in quick succession until you learn how to do them both at the same time.

Stance

Taking an active or passive role during noting.

- 1. Contact stance
 - a) Active contact: actively “look” for events that are available to note.
 - b) Passive contact: allow your attention to rest quietly until something clearly draws it.
- 2. Focus stance
 - a) Active focus stance: actively explore the experience you are noting.
 - b) Passive focus stance: passively sink into the experience and allow it to “come to you.”

Note gone

- 1. Explicitly note *gone* whenever you notice something abruptly disappearing.
- 2. Do not note *gone* even if you notice it. Just move on to the next event to note.