

Restlessness, Distraction, and Overstimulation



How often did your attention reach for something else during meditation?

What did you most want to check, open, replay, or think about when you became restless?

What happened in your body when you couldn't immediately satisfy the urge to switch tasks?

Did your mind seem more comfortable with silence as the meditation continued, or did it searching for stimulation?

What did you notice about your attention after several minutes without checking your phone or responding to anything?

