

Stopping Internal Dialogue Through Peripheral Vision Expansion

A simple method for quieting the mind and shifting out of overthinking.

1A Settle In

Sit in a comfortable position and allow your body to relax.

- 1B** Take a few slow, deep breaths. Inhale gently through your nose until your lungs feel full, hold for a brief moment, and exhale slowly through pursed lips until your lungs are completely empty.

2A Anchor Your Focus

- 2A** Choose a single object or point directly in front of you and let your gaze rest on it.

- 2B** Keep your eyes softly focused on that point — not rigid, just steady.

3A Expand Your Field of Awareness

- 3A** While maintaining your focus on the object, begin to gently widen your awareness to include your peripheral vision.

- 3B** Allow your awareness to expand outward, noticing subtle details or movement off to the sides without moving your eyes.

- 3C** Continue expanding your awareness until you can sense the edges of your peripheral vision — to the left, right, above, and below — all while your eyes remain focused on the central point in front of you.

4A Hold the Expanded Awareness

- 4A** Maintain this soft, wide awareness for about **10 seconds**.

- 4B** Then gently bring your full attention back to the object or point in front of you.

5A Notice the Shift

- 5A** Take a moment to observe what you're experiencing internally.

(Many people notice that their inner dialogue becomes quieter or even disappears entirely.)

Repeat to Strengthen the Skill

With precise stopping internal dialogue becomes easier and more natural.