

# What were you doing when you were the most focused you've ever been?

90 Responses

Working on something I'm passionate about wired on caffeine

Tasks with less delayed gratification

Gaming

Smoking methamphetamine

Morning, when I wake up

Playing video games

When I'm in an ADHD hyper focus- so reading the Jesus Christ superstar Wikipedia page

Going for a highscore on a game or watching a really interesting movie

playing guitar

# What were you doing when you were the most focused you've ever been?

90 Responses

Answering this question.

Dreaming

Reading or Drawing

studying in a room that was quiet

An exam

Sleeping

Writing essays

playing video games

Doing an assignment last minute

# What were you doing when you were the most focused you've ever been?

90 Responses

getting concert tickets	Playing Zelda	Sitting on the floor in my living room cramming an essay <3
after i hear someone say something is going to be in the exam	Skiing	doing my hsc
Vyvanse + caffeine does wonders for my focus	Studying for exam/ assignments	Playing video games?

# What were you doing when you were the most focused you've ever been?

90 Responses

Studying for final exams

When I am not with my phone and have a guide in place to help me concentrate on the task

Listening to my friend tell me a story

Deep human connection - eye to eye - with lover/loved one

when my phone was not around

pulling an allnighter the night before the exam, having previously done no study

being focused

Last minute papers

Swimming/running



# What were you doing when you were the most focused you've ever been?

90 Responses

Serenna

Writing an essay under exam conditions.

I read a book recently that spoke about "flow states". When I write short stories, something that I really enjoy, I'm very difficult to distract and time passes in a blink

serenna

my hsc performance

year 3 mathletics

Dark Soul

a test

In an exam

# What were you doing when you were the most focused you've ever been?

90 Responses

Running a marathon	Studying for final exams, finishing a last minute report	Studying, sitting alone in my room
Playing a sport (soccer game)	Painting/drawing	taking an essay based exam
Playing video game	limited all my distractors	cleaning

# What were you doing when you were the most focused you've ever been?

90 Responses

competing

Gaming

Writing an assignment

having an interesting conversation w/ someone

Drumming!!

laser eye surgery

Having an intense conversation with someone

watching a movie i enjoy, talking with someone i like

Video Games 🤖

# What were you doing when you were the most focused you've ever been?

90 Responses

Reading in a quiet room

Doing an exam which included listening tasks

planning my holiday itinerary

writing a diary

Waiting for food to be served

Alone, studying for HSC

doing music

When I need to do something that is very important and the deadline is coming up.

playing a rhythm game



# What were you doing when you were the most focused you've ever been?

90 Responses

Group study

when drawing and drawing only

body doubling

puzzle

when i'm under pressure/there's a time constraint

Taking exams which are quite intense and difficult

when there's time pressure :)

Accidental hyperfocus

When i was planning my europe trip for next year

# What were you doing when you were the most focused you've ever been?

90 Responses

watch movies or episodes

Playing games

During a basketball game

studying

I don't know sometimes I can enter a kind of "zone"/"flow" and I'll be extremely focused. Happens in doing assignments sometimes.

deep sleep

shooting (an air rifle)

Forest app, my tree withers if I click on any app during my focus period

get high

# What do you do to shut out the world?

85 Responses

Ear buds, phone DND

Wake up before most people

Shut the electronic devices

Go to a secluded place, secluded from sounds and people but also from the internet

noise-cancelling headphones

Earphones

Find something that gives me pleasure and focus all my attention on it. I lose days

noise cancelling headphones

Put on headphones, get comfortable sitting down

# What do you do to shut out the world?

85 Responses

Sleep

noise cancelling headphones

To be alone

ADHD meds

music and noise cancelling headphones

Stay away from phones and electronic devices

sleep tbh

Sleep

Noise Cancelling Headphones



# What do you do to shut out the world?

85 Responses

Use pomodoro timer + play music

music

No phone

put on noise cancelling headphones,  
listening to rain sounds

play music or put on noise cancelling  
earplugs

Watch youtube or play video games

Remove phone or any other distractors

Face a wall, go to a study-zone/library  
where others are also working. Make sure  
I'm not hungry.

block a sense

# What do you do to shut out the world?

85 Responses

have no distractions around, people, tech,  
just me

Sleep

Put on music

music

Exercise

Serenna

take a nap

Walk my dog

serenna

# What do you do to shut out the world?

85 Responses

close my eyes or turn off/hideaway from  
senses (hearing/sight) UNDERWATER  
where everything is QUIET

sleep

listen to music

get rid of all distractors (e.g phone)

sleep

Listen to early Brian Eno and Harold Budd  
collaborations while sitting in secluded  
parts of lesser used libraries

Wearing noise cancelling earphones.

nothing

Headphones

# What do you do to shut out the world?

85 Responses

brown noise, pomodoro technique, DND

Go for a long run

daze

remove myself from it

Sleep

Listen to music

Focus.

Listen to pink noise

go in a quiet place, minimalism



# What do you do to shut out the world?

85 Responses

headphones

listen to music that don't have lyrics

Music with noise cancellation earphones!

Sleep

I listen to music that don't have words in them and flip my phone upside down.

Play music loud

If i'm being honest, exogenous prescription drugs with unknown long term side effects

use airpods

Isolation

# What do you do to shut out the world?

85 Responses

scroll on my phone

noise cancelling headphones

Use the forest app

"alpha brain waves" music, be alone,  
minimise white noise

TETRIS

Go to a quiet place to do a task

brown noise

Sleep!

mario party

# What do you do to shut out the world?

85 Responses

hide in my closet and make up fake  
senarios in my head

Social media to numb my mind

quiet room with headphones on

I go into my bedroom

listen to music

use my phone or sleep

I go into my bedroom

ignore messages

Sleep

# What do you do to shut out the world?

85 Responses

shower

throw phone away

ASMR rahhhhhhhhh

Sleep